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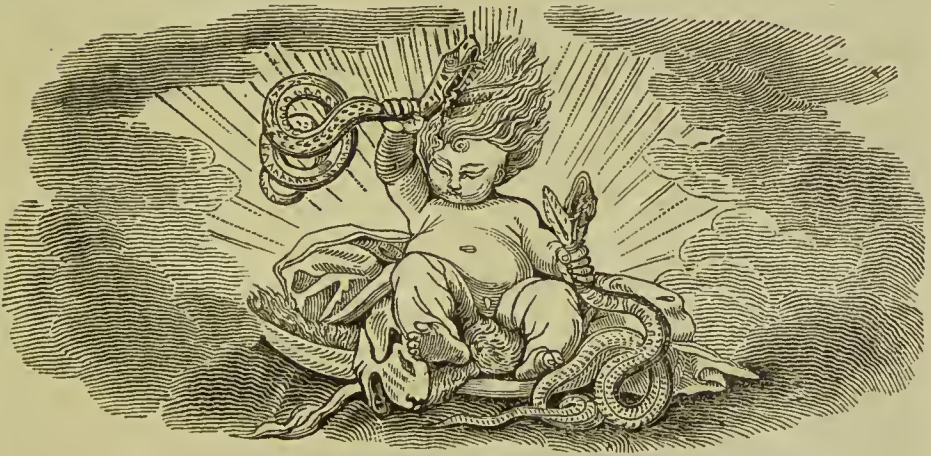
THE
ORACLE OF HEALTH.

THE
FAMILY
ORACLE OF HEALTH;
ECONOMY,
MEDICINE, AND GOOD LIVING ;

ADAPTED TO
ALL RANKS OF SOCIETY, FROM THE PALACE TO THE COTTAGE.

By A. F. CRELL, M.D. F.R.S., and W. M. WALLACE, Esq.,
Assisted by a Committee of Scientific Gentlemen.

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THE FAMILY

ORACLE OF HEALTH.

WE have, for the preceding two years of the triumphant career of our little publication, attended most carefully to the prevalent disorders of every month;—though not in the inverted order in which the sage Dr. Uwins doles out his scraps in the Monthly Magazine, and tells the subscribers what should be done *after* the period is over when his pittance of advice might have been in season. We cannot conceive any utility in such a crab-like progress of things, unless it be to intimate, by way of puff, that the same Dr. Uwins cured some two or three patients, and recommended wash-leather instead of linen, for the natural purpose, no doubt, of getting off the article of some friend in the trade. We took a different plan, giving our monthly advice in season, so as to be ready when it was wanted; while Uwins goes on most perversely, month after month, to prescribe for the dead or the dying, coming in like a fox-hunter at the death, in true professional style. As the months, however, are very much the same in different years, and as our remarks would necessarily involve much repetition, we shall, for the future, refer to the two volumes already published for an account of the disorders of the particular months, and shall take a new monthly course, with which we anticipate, that our readers must be pleased.

In this novel feature of our work, we shall attend particularly to the “good things of this life,” which are in season, with the most recondite and philosophic modes of enjoying them, and all the discoveries in the great science of cookery and its kindred works. Great as the progress has lately been of the science of good-living, it still requires the unwearied exertion of amateurs and professors to make it keep pace with the philosophy of the day; and we call on all the lovers of good cheer to aid us in the noblest work which man can devise in this sublunary sphere—the innocent enjoyment of wholesome viands and

good drink, so as to fit the body for its daily avocations, and preserve the mind unfretted by disease.

GOURMANDERIE FOR AUGUST.

The month of the Emperor Augustus is little more favourable to good cheer than that of Julius Cæsar; besides, most of the wealthy people retire to their estates at this time; the tables of the metropolis are overturned, and the mess is made up of parasites. Rabbits and partridges, however, begin to attain their full growth, and leverets become hares; but let us not arrest them in their course, as they advance to perfection. Premature enjoyments are always, and in every sort of thing, imperfect enjoyments. Let us leave these lovely animals to enliven our fields and forests, and wait till they be in the proper condition for supplying our tables: we shall be able to find them at any time, for nothing escapes the active industry of man. A full grown hare, when it comes to a good weight, will conveniently fill a middle dish, and will have no need of "a long string of pressed larks, and along the margin of the plate six pigeons displayed, reinforcing and fortifying, the defective dish with their broiled skeletons," to serve it for accompaniments, as in the famous repast of the poet Boileau; a dish similar to which every lover of good cheer will be most careful never to present.

However, if some of our readers, in a strait for rarities, will really eat their corn in the blade, and by main force have these young creatures introduced into their kitchen, it is our duty to point out to them the best mode for producing them upon their table. We shall then tell them that young rabbits are prepared in an earthen pan and with brandy. In this latter way, in consequence of the numerous ingredients introduced, they become a very scientific, and somewhat chemical ragout. Leverets are cooked *à la Suisse*, *à la Czarienne*, *à la sainganaz*; young partridges, *en liberot*, *en papillotes*, and in pies; they are made into simple soup, *soups en profiteroles*, &c. But we aver that it is downright murder, thus, in their early age, to cut the throats of a generation who grow and fatten only for our greater satisfaction. What we say of young rabbits and partridges, and of leverets, is to be understood as applying equally to young turtle doves, young ring-doves, &c. We cannot devote time to separate remarks on all these.

We shall not thus, however, pass by the albran, or young wild duck, which becomes in the month of October a duckling, and a duck in November, and whose progress is thus very rapid towards its ripe age. The albran, well trussed up, and passed

to the pan, with mushrooms, truffles, or artichokes, is a very delicate food. It is used also in *ragout d'olives*, *aux montans de cardon*, *à la rocambole*, and even with turnips, although this last honour more particularly belongs to its worthy father.

This seems to be the place for introducing the young wild boar and sucking pig; for it is in this month they are most delicate, and the want of game and poultry in all their splendour, renders their presence more desirable. The young wild boar, who may be regarded as heir presumptive to the king of our forests, makes his appearance, *à la broche*, and rarely otherwise; he is pricked full of small bits of bacon, with the exception of the neck and head, and is used for roast: he passes for a delicate mess of a good taste, and his flesh, though nourishing, is, on the whole, easily digested. Those delicate persons, however, whose digestive juices are deficient in that activity which is requisite for an ordinary man to make a true *gourmand*, will act prudently, and do well to abstain from it. The young boar, in spite of his noble and savage origin, does not compensate for a fit of indigestion.

We shall not say the same thing of the sucking pig, whether it be that our inclinations are naturally vulgar, or that, brought up with this lovely little thing, man naturally entertains for it that sentiment with which we regard those whose birth has taken place under our view. It is always welcome on the most exquisite tables, and its presence proves a genuine feast.

The most common mode of preparing, and perhaps also the best, is *à la broche*. After having scalded it with boiling water, and crammed its belly with a lump of good butter, handled with fine herbs, and accompanied with onions, scallions, &c.; it is put on the spit, and henceforth constantly keep the eye on it, just as if it were a girl going to be married; moisten it incessantly with virgin oil, to make it assume a fine colour. If you wish it dressed in a superior way, you cram it with its liver hashed with whitened bacon, truffles, mushrooms; rocambole and fine capers, anchovies, fine herbs, seasoned with Jamaica pepper and salt, the whole being then transferred to the pan. When our little friend has all this in his belly, you tie him with a packthread, and cook him of a fine colour, as above stated. In all cases he is used as an *acolyte*, and treated with a sauce *à l'orange*, with salt and white pepper.

On the sucking pig thus arriving on the table, it is necessary at once, leaving off all other matters, to begin by making a gentleman of him, by honouring him with decapitation, otherwise his skin, being naturally disposed to crack, and the best part of him, according to all amateurs, would become flabby

and soft ; and the ladies would be the first to reject him in consequence. This then is a precept of the greatest strictness, a precept with which one cannot be too deeply impressed ; else it would have been better for this dear animal not to have quitted his mother's breast.

The sucking pig is also braized *au père Douillet*, in ragout ; and in all these preparations with the object of raising the flavour, naturally insipid, difficult to digest (as all the *viandes non faites* are) and furnishing only the grosser juices, which enables literary people to bear well with abstinence in the use of food. But the robust stomachs of the rich accommodate themselves at length to it marvellously, and though this viscous aliment blunts the digestive juices, and often loosens the bowels, we shall not take upon us to prohibit it to them. But we cannot repress the painful sentiment that every pig that is roasted, is an entire generation of hogs annihilated.

BEAUTY OF SHAPE AND CARRIAGE IMPROVED BY MECHANICAL METHODS.

In order to understand the beneficial or the injurious effects of the varied and opposite plans which have been invented for preserving and improving the shape and carriage, it will be necessary to go a little into the science of the subject. But though we should take you ankle deep into the sea of philosophy, we shall be merciful to you, if you should prove indifferent scholars, by making our illustrations plain, as we would rather gain the character of being homely and practical than unintelligible and useless. We shall, therefore, proceed to introduce you to the scientific principles upon which we ground the effects of exercise and rest.

Our philosophy, then, is founded on the fact, that the more frequently and vigorously any member of the body is exercised, the more the blood will flow to that member ; and as the blood is the chief agent for imparting strength, the greater the stream of blood the more vigorous will the member become. Try the experiment of tying up an arm or a leg to prevent its motion, while the other is exercised, and it will shrink and dwindle away to a skeleton, while the one that is exercised will remain in flesh and be strong.

We prove our second by a more familiar example, formerly alluded to. Compare the delicate, soft, silky hand of a fashionable lady, with (pardon the comparison,) the hand of a charwoman. The one is pale, bloodless, and feeble ; the other is purple-red, full of blood, and firmly strung in every sinew.

But let the lady and the charwoman change situations for twelve months, and the case of the hand will be, in a great degree reversed. The lady, compelled to exercise her hands at all hours, will drive the blood to them in an increased current, and it will give away part of its nourishment to the sinews and muscles every time it passes them in its journey to and from the heart; that is, about every five or ten minutes in the day. The sinews, in consequence of this extra supply of nourishment, will become thick and strong, and the hands red and coarse. The charwoman, on the other hand, now placed, according to our supposition, in her fine drawing room, with nothing to do, has the current of blood, which was formerly driven by labour to her hands, interrupted, and stagnating idly about her liver or her brain; and her hands will consequently become pale, delicate, and feeble, for lack of their accustomed stream of blood.

Sir A. Carlisle has ingeniously remarked, that in birds of prey, or such as remain long on the wing, the wing muscles are not only larger, but much more florid, in consequence of the increased stream of blood*; and it has been well remarked, on the same principle, that the muscles connected with the voice in the sky-lark, which are long exercised, have a similar appearance†. In persons who have undergone amputation of one of the limbs, it is commonly found that the other, from the additional exercise imposed on it, becomes larger and more powerful‡.

Dr. Macartney mentions a case no less in point. It frequently happens, that strong and labouring people acquire some lateral inclination of the body, and a projection of the shoulder-blade, from employing only one hand in their work. In these cases, the shoulder which is least exercised, is the one that stands out; while the other is, from the exercise, always of a peculiarly fine form.

It will now be an easy task to apply these principles to the improvement and preservation of the shape and carriage, bearing in mind that overstretching any of the muscles, without rest or remission, tends to destroy their tone and their natural proportions. We shall accordingly proceed to the examination of the various contrivances now in use in schools and private families, with a reference to the figure and carriage of young ladies. We shall begin with

Shoulder Braces.

The incessant injunction of mothers and governesses, to

* *Philosophical Transactions*, Vol. 90.

† *WARD on the Spine*, p. 7.

‡ *Trans. Roy. Irish Academy*, for 1817.

keep the head up, and the shoulders back, is founded upon the most erroneous and dangerous principle; being entirely in opposition to the law of nature, that in order to keep the body healthy, rest must succeed exertion. Man, it has been well remarked, was formed to walk upright, but it was decreed likewise that he should bend his back in tilling the ground; and those who fail to do so, shall not go unpunished for their disobedience. It is the absurd prohibition of this simple motion of the body alone, and the want of the wholesome and indispensable alternation of action and rest of the muscles, that contorts the spine, protrudes the breast, and entirely unhinges the finest form that has been subjected to this unnatural torture.

But the mere injunction, to keep the head up, and the shoulders back, however often it be repeated, is always, in consequence of its being unnatural, obeyed with reluctance, and evaded at every opportunity*. This uniform disobedience soon led to the obvious device of an apparatus of strong ribbon braces, to pinion back the shoulders into the position so much desired by mothers, anxious about the handsome figures of their children. From the facts which we have just stated, the effect of this injurious practice must be to weaken and destroy the tone of two important sets of muscles. It must, in the first place, keep at an unnatural stretch, those muscles which move the arms and shoulders forward, and of course, must reduce the plumpness of the upper part of the chest, so indispensable to the elegance of shape, while it forces, at the same time, the breast bone to protrude below, and press inwards above, impeding the free play of the lungs, tainting the breath, and leading directly to consumption. In the second place, it must keep in a most unnatural contraction, the muscles which move the arms and shoulders backwards; and as this contraction is never relaxed so long as the braces are worn, the muscles rapidly diminish in size and strength; and when the braces are laid aside, the shoulders must fall forward for want of support, and the deformity is, probably, rendered, from the continuance of the practice, almost, if not altogether, incurable.

From the want of motion also, and proper exercise in these muscles, the flow of blood to that part of the chest will be greatly diminished, and the ribs and bones of the chest—which, like the other parts of the body, depend on the blood for their nourishment†—must suffer for the want of their natural supply and will become smaller‡, and from feebleness, will lose the

* DODS on Contorted Spine.

† WARD on the Spine, p. 73.

‡ See Medical Advice in Indigestion, p. 16.

fine arched form that constitutes the beauty of the female bust. In a word, the chicken breast will ensue, with all its threatening consequences of cough and fatal consumption.

We hesitate not, therefore, to condemn braces of all kinds, as applied to restrain the motion of the shoulders; for they are certain to act in the way we have pointed out, and will infallibly produce deformity. We caution mothers, most strongly, not to be deceived by the apparent improvement which they produce when first put on, for this is the snare that has allured so many to torture their children into deformity. Follow the example of the elegant Greeks, the ease and beauty of whose forms are so much admired. They put no unnatural straps on their young ladies: all their garments were easy, loose, and floating; and the effects were seen in their every limb, and their every motion. On the contrary, we can at once distinguish among thousands, from their stiff, starched, awkwardness, the poor creatures who have been pinioned and tortured by shoulder braces, and other wicked inventions, to turn beauty into deformity, and the finest figures into rickety ugliness. Dr. Macartney, of Dublin, says, "he has found the fine proportions of the antique statues only in the busts of women who had never worn such restraints on shape*."

Stays and Corsets.

The bad consequences of the *pressure* of stays, or tight clothes of every kind, has already been pointed out above; but, besides the pressure on particular parts, and the injury consequent upon it, stiff stays act in the same manner as the shoulder braces, by preventing the natural and wholesome exercise of the muscles. A recent author† has well remarked, that it would be ruin to attempt to dissuade ladies from the use of this pernicious article of dress; but however much they may disregard themselves, they ought certainly to reject for their children whatever shall be hurtful to them. Restraint, and particularly that of stays, is almost certain to distort the body during growth; while freedom of motion, in all its members, is the only certain preventive of deformity.

The unfettered Indian females, and even our own peasant girls, in many parts of the country, are strangers to twists in the shape, and distortions of the spine; and clearly, because they are unfettered by unnatural dress during their growth. They are, happily, unacquainted with the mechanical methods of producing deformity under the mistaken intention of pre-

* Transactions of the Royal Irish Academy for 1817.

† Dods on *Contorted Spine*, p. 135.

venting it. Unfortunately, the idea that the bodies of girls require support during their growth, has, by time and custom, become so firmly rooted in the minds of most mothers, that no persuasion will influence them to give up the practice. The stays which are constructed with whalebone or steel, must strongly prevent the natural bending of the body. A girl, who has her body thus cased in such stiff materials, must suffer much injury from the forced position she is compelled to keep herself in, independent of the uneasiness she often manifests by shrugging and working her shoulders. We agree, therefore, with Dr. Dods, that as the muscles of the spine are kept by stiff stays in a constant state of contraction, and never suffered to relax, they must become disorganized, and deformity of the spine will be produced; so that, instead of stays being a preventive of distortion, they evidently become a powerful assistant in its production.

It is an interesting fact, agreeing closely with the remarks we have made on the effects of exercise, that M. Portal, one of the most learned physicians of France, found the muscles of the back much larger, redder, and stronger, in women who had not worn stays, than in those who had used them. He observes also, that where women who have worn stays from infancy, leave them off at a certain age, for greater comfort, that they are sure to become distorted; for the muscles have been so weakened by want of use, that when the artificial props are removed, they are no longer capable of supporting the body*. We laugh at the folly of the Chinese ladies, who compress their feet till they are unable to walk; and at the Africans, who flatten their noses as an indispensable requisite of beauty; but we are still further from Nature, when we imagine that the female chest is not so elegant as we can make it by the confinement of stays; and Nature accordingly shews her resentment by rendering so many of our fashionable ladies, who thus unease themselves with steel or whalebone, deformed, either in the chest, the shoulders, or the spine†.

Portal, however, allows of stays being occasionally worn by old people who are very feeble, and even in children; and he is supported in this by the great anatomist, Winslow. If stays, however, are worn, and it should be done with great caution, we must altogether prohibit the use of whalebone or steel as decidedly injurious. The materials should all be elastic, so as to

* “ Dans un âge avancé, les muscles du dos, à force de avoir été comprimés, et d'être restés dans l'inaction, sont devenus incapables de maintenir le tronc en équilibre.”—PORTAL, sur *Rachitisme*.

† Dr. GREGORY'S *Comparative View*.

yield to every movement without compressing any part of the body. Dr. Dods recommends stays of fine white woollen stocking web, doubled, and cut into forms; instead of whalebone or steel, strips of jean are stitched closely down on both sides, in the places where the whalebones are usually put. "These give," he says, "sufficient firmness, while the elastic web, between them, admits of the free motion of the body in all directions. The bosom part may be made as usual, entirely of jean, for the purpose of supporting the breasts. We should advise the addition of pieces of catgut, sewed within the strips of jean; or, perhaps, the new invented process of manufacturing Indian rubber may furnish something superior to any elastic material hitherto tried.

An instrument, called *steel boddice*, is one of the most mischievous inventions of the stay kind which ingenuity has yet devised. We sincerely hope that none of our readers will have the temerity to employ such a contrivance, as it will be almost certain to produce deformity, or increase it where it has already begun to appear. Those made to lengthen or shorten, which is considered as an improvement, are by far the most dangerous.

Back Boards.

The multiplicity of novel instruments, of which we have now an almost endless variety, has, fortunately, rendered back boards rather unfashionable. They were employed for a similar purpose to braces and stays; namely, to keep the body both upright and immoveable, with the head elevated, and the shoulders pulled unnaturally backwards. It was also absurdly imagined that they enlarged the chest, and thereby prevented the attacks of consumption: but, from what we have said of the effects of braces, in producing chicken breast, and flatness of the ribs, it must be evident that the back board must have a still more injurious effect of the same kind, although we leave entirely out of consideration, the torture it always inflicts on the poor child that is forced to wear it. There cannot be a doubt but that back boards are powerful instruments also, for promoting distortions and twists of the spine, by weakening the strength of the muscles, by which the upright position of the body is chiefly supported.

Collars.

Several instruments, differing very considerably from each other, have been constructed under this name, and as they are usually attached to braces, stays, back boards, and similar machines, they fall naturally to be considered in this place. We quite agree with Dr. Dods, in saying, "that of all the contriv-

ances which have been invented to torture children, and to produce or aggravate deformities, none can rank higher in mischievous severity than collars.

BAD HABITS AND DESTRUCTIVE PRACTICES EXPOSED.

Riding on Horseback and in Carriages.

Riding on horseback, or as the surgeons always call it, *Equitation*, is usually a mere apology for the want of that exercise which Providence evidently intended that man should take by means of his own limbs, and not those of another animal. Accordingly we find, that exclusively of the positive diseases which spring from this mode of exercise, when violent, those who trust to its more moderate use, and, more especially, those who substitute it for accustomed bodily labour, are at least as subject to indigestion, gout, dropsy, hæmorrhage, the whole train of nervous affections, mania, hysteria, epilepsy, palsy, and apoplexy, as those who lead the most indolent lives.

Many persons, indeed, assert their inability to walk to any extent, or to employ any other active exertion. It heats, it fatigues, it pains them; it produces a thousand real or imaginary inconveniences; whereas the exercise of riding is in no degree fatiguing, and therefore must be infinitely more beneficial. But this very argument is an absolute giving up of the very point it wishes to establish; since it proves, first, that the exercise of certain muscles gives strength to those muscles, while it leaves in a state of debility others, which are habitually unexerted; and, secondly, that the indisposition to incur present inconvenience by such exertions of new muscles, implies that state of mind which is weak and worthy of reprobation.

Of the power of exercise to strengthen muscular parts, daily experience gives us the most satisfactory proofs, not only in man, but in the inferior animals. We might otherwise expect to see in Europe, greyhounds trained for coursing astride of hunters; and, in India, horses fitted for racing by being trotted on the backs of elephants. Whoever pleads mere fatigue, or a temporary diminution of ease, as a reason for shunning muscular exercise, and waits for that exercise till his strength shall have been previously improved, inverts the true order of Nature, by which, conformably to a well known proverb, it appears, that increased muscular power is the effect, and not the cause of increased muscular exertion. The indolence thus supported, and, as it were, sanctified by horse exercise, produces its baneful effects, not only on those parts which are the instruments of the mental determinations, but on those which constitute organic life.

In what mode muscular exertion, duly extended, acts salutarily on the blood and its dependencies, through the medium of the veins, we have often, already, endeavoured to suggest. Such a process is very inadequately, if it all, supplied by exercise on horseback, under the use of which the feet grow cold, the face flushes, and the lower extremities of persons so indulging themselves, become conspicuously small. Under this habit, also, as under that of a sedentary life, the heart, like all voluntary muscles, is thrown into inordinate actions, by the slightest irritation, whether from exercise or mental emotion; the due balance of circulation is disturbed; the blood undergoes a defective purification; and the secretions or excretions are either diminished on one hand, or more or less excessively increased on the other, or are vitiated as to their quality.

The maladies, therefore, to which such habits predispose, are of a most serious and extensive nature, and comprehend those of the heart, the lungs, alimentary canal, and liver; the whole train of nervous affections, including excessive determination of blood to the head; all inflammatory diseases, together with all the effusions which are the consequences of these several states.

If these consequences result from habits of horse exercise, they are certainly not less attributable to the fashionable mode of exercise in carriages. It will readily be conceived, that such a remark cannot refer to the habit of exercise as a means of easy and rapid communication between remote places. If, however, such modes conduce to the convenience of mankind, the conclusion as to their effect upon health will not, on that account, be in any degree vitiated or weakened. Neither do such observations extend to the case of those persons, who, either from organic infirmity of their limbs, or from the debility consequent on acute diseases, are, at the time, incapable of moving their bodies by means of their own muscles.

The indolence to which we have adverted, is peculiarly injurious when conjoined with full meals, especially of animal food. To such excess we are, however, habitually stimulated by every variety of taste produced by the arts of cookery, by the admixture of condiments, and by the interposition of fermented spirit in its different forms. This habit of indulgence in the pleasures of the table, under various modifications, especially occurs to persons rather beyond the middle periods of life; to men who have become affluent in laborious occupations, and to females who have been pampered during frequent pregnancies. From the combination of indolence and gluttony arises a degree of corpulence, as offensive as it is destructive of the little mental and bodily power, which the prior habits themselves would other-

wise have permitted to remain. The coincidence of corpulence with indolence, not only produces a great predisposition to diseases of the alimentary canal, liver, head, heart, and the organs of respiration, but also renders patients irrecoverable from numerous casual disorders, which otherwise would have been attended with no important consequences.

Effects of Wine and fermented Spirits.

Among the practices consequent on the mental weakness already described, may be reckoned the use of wine and other modifications of fermented liquors, as a part of constant diet; and which few persons would habitually take, were they not temporarily relieved from certain degrees of mental or bodily torpor, which they have not the fortitude to sustain, or the patience to relieve by slower, but more effectual means. In reality, the extent of this habit among men in certain ranks of life, is enormous; and persons who would with disdain repel the imputation of drunkenness, are, nevertheless, satisfied to continue the use of such liquors, in any quantity which may serve, for a time, to raise their bodily and mental power above their natural and healthy level, provided they stop short of absolute inebriation. Nothing, however, can be more erroneous than such a conclusion; since it is true, in fact, that those persons who act on this principle are subject, at least equally with habitual drunkards, to the fatal effects of such practices. Of this assertion it would be easy to accumulate proofs from the examples of those who have acted the most conspicuous parts on the public theatre of life.

With regret, we are compelled to attribute to the medical profession itself, much of that perseverance in these delusive modes of exercise, and in the habitual use of stimulating fluids, which have here been reprobated; practices, to which, in what is called civilized society, mankind would be of themselves sufficiently prone, but which would not reach their present degree and extent, without the strong sanction of medical authority.

The union to which we have alluded of indolence, a superabundance of animal and highly spiced food, and an inordinate quantity of fermented liquor, which, contrary to analogy and direct experience, custom has made concur with the natural heat of our colonies in the East and West Indies, has contributed much more powerfully than the heat itself, to make those countries the grave of Europeans.

To the same overwhelming authority of fashion, persons in the middle and higher ranks of life, are indebted for an almost total inversion of the periods which Providence, with a strong

and commanding voice, has appropriated to the different purposes of exercise and rest. Late hours naturally lead to fever, and proportionate lassitude ; and it is hardly probable that he, who from whatever cause, has watched through the greater part of the night, will feel himself disposed, or able, to pursue the means of bodily and mental health through the ensuing day. Even the power of light itself upon the animal frame, though slightly touched on by an ingenious poet and physician, chiefly from the analogy of its effects on the vegetable kingdom, has been scarcely noticed in its important practical relations on the system of the blood.

Fires and Flannel.

Another evil, attributable to similar causes, is the habitual exposure to the heat of large fires, and the indiscriminate use of flannel garments next the skin, both of which tend to produce excessive action of the heart, and to make the frame morbidly susceptible of the action of cold, during that exercise which is essential to health. Tame animals, of various kinds, accustomed to indolence and similar indulgences, acquire a disposition to like diseases. Thus singing-birds and lap-dogs, which are confined and highly fed, are subject to the whole train of nervous affections ; as palpitation of the heart, breathlessness on slight motion, hysteria, convulsions, epilepsy, and apoplexy. So of various diseases in other domesticated animals.

These general facts shew, beyond all dispute, the truth of the proposition, that the predisposition to the worst maladies of the animal frame grows out of those habits, which are chiefly peculiar to the condition of civilized society. The view thus given is a very cursory one. It is, however, derived from actual and long observation ; and is not the less just, that we have omitted the detail of facts, by which it is proved ; or because, in giving it, we have neither flattered the prejudices, nor soothed the weaknesses, or the vices of mankind.

To the early disuse of restraint, and the habits of self-gratification above mentioned, we may attribute many of those intemperate indulgences of natural appetites, which act both as predisposing and exciting causes of various maladies. *Inde apud manes oritur Veneris cultus praecox et effraenus ; quo mentem nihil majis infirmat, nihil corporis viris majis frangit, nihil articularum, ventriculi, cordis, cerebri morbis, virum majis obnoxium reddit.*

It is also worthy of cursory remark here, but will hereafter deserve amplification in a more appropriate place, that habits of mental indulgence not only interfere with the administration of

remedies, where disease exists, but actually, through a moral obliquity, pervert their natural operation on the human frame.

DR. KITCHENER ON BAD EYES AND WEAKNESS OF SIGHT.

The condition of our corporeal machinery has great influence on that of our eyes;—and indeed of all our senses—during that state of collapse which it is just now the fashion to call “a bilious attack,”—or “a nervous paroxysm”—just in proportion as we are out of heart—the circulation is feeble and languid, and every sense performs its functions imperfectly.—During such prostration of the vital powers, it is not uncommon to hear people complain of nervous deafness:—it is equally common for them to be afflicted, in an equal degree, with nervous dimness of sight.

This occasional dulness of the ears is oftener observed than the dimness of the eyes; because the former defect is obvious to others—the latter is confined very much to ourselves; and unless we happen to want to minutely examine some *minimum visibile*, which requires all the powers of the sight to be in full force to be discernible, such paroxysm of ocular obtuseness often passes unnoticed, and is seldom strong enough to excite the attention of healthful persons until they have passed their fourth year; who will then generally find, that it may be traced either to over exertion of the eyes, or to some disorder of the digestive organs.

During derangement of the restorative process—for which the phrase of fashion now is, when you are nervous or bilious—the eyelids are often affected with a slight inflammation, and an increased secretion of the glands about the eyelids, which (in plain English), become gummed, and when the eyes are first opened in the morning, the eyelids feel stiff and the eyes irritable.

The eyelids are much oftener disordered than *the eyes*;—perhaps three-fourths of what common people commonly call, “bad eyes,” are merely diseases of the eyelids.

We have no space at present to descant on any one of the 118 principal diseases of the eye, enumerated in the work of the elaborately minute St. Yves—but we have had ocular demonstration of the efficacy and innocence of the following

Ointment for the Eyelids.

Take one part of citrine ointment,
three of fresh lard.

Mix them thoroughly together with an ivory knife.

“Whenever I am informed,” says Mr. Ware, “that the edges of the eyelids have a disposition, be it ever so slight, to adhere to each other after they have been long in contact, as during the time of sleep, and when this is accompanied with an uncomfortable sense of weight in the lids on the approach of night, in consequence whereof the patient involuntarily shuts them without being drowsy, and without any particular stimulus being applied to the eye to give it pain, I always suspect that the secretion of the glands of the eyelids are in a diseased state; and in many such cases, I have found the success attending the use of the citrine ointment, recommended for the cure of this disorder, quite as effectual as in those other instances, where the excoriation and redness of the eyelids have been visible on the slightest inspection.”

SIR A. COOPER'S PLAN OF HEALTH.

We have on some occasions found it our duty to blame Sir A. Cooper, such as when he attempted to knock down Henry Earle with a broken thigh bone; but we have had much more frequently found it imperative on us to praise his invaluable directions for the cure of diseases. The following plan of health, adopted by Sir Astley himself, is, we are happy to say, worthy of the highest praise.

“Physician cure thyself,” may often, and very justly be said to our doctors, who prescribe rather to earn money than to cure their patients. This taunt, however, cannot be applied to Sir Astley Cooper; for he not only cures his patients, but by following his own rules and prescriptions, he has preserved his own health unimpaired for many years, though he is so greatly exposed to the daily and nightly fatigues of his laborious profession. Mr. Abernethy, his great rival, on the contrary, forbids his patients not only all sorts of liquor, but often prohibits drink altogether, particularly at dinner, though he himself swigs his wine without fear of the consequences. His practice is right; his advice, wrong and unnatural. To prohibit a man from drinking, we think equally foolish with advising him to tipple.

The first rule Sir Astley observes with care, in his own person, is “Temperance,” without which, it is impossible for the strongest constitution to escape disease. Now there is much meaning in this word *temperance*; for it refers not only to food and drink, but to exercise, clothing, and every sort of sensual indulgence. All these Sir Astley attends to, and he is well and vigorous.

Sir Astley's second rule is "Early Rising," on the principle that the night was given for the rest of the body, and the day for business and labour. But he who sits up till midnight and beyond it, must sleep in the morning, even, as Harvey expresses it, after "the vigorous sun is up and going on his Maker's errand." Whoever does so, must have his nerves loosened, and his strength enfeebled: there is no help for him. Sir Astley attends to this, and he is well and vigorous.

The third rule practised by Sir Astley, is "sponging his body with cold water immediately after getting out of bed." He informs us that he has continued this practice since he was twenty four years of age; and the effect has been that he does not know what it is to get a cold; and though he go from a warm room, or a crowded assembly into the open air, in the severest Winter nights, and with merely *silk* stockings on his legs—his health never suffers by cough or catarrh*.

Sir Astley's fourth rule is, that whenever he feels indisposed in consequence of the fatigues of his profession or otherwise, he takes a dose of "a medicine which never fails to restore him." As our readers may be pleased to know this valuable medicine which the learned Baronet has prepared for his own use, we shall here give the receipt for

Sir A. Cooper's Restorative Pills.

Take four grains of cathartic extract,
one grain of submuriate of mercury.

Make into one pill to be taken at bed-time; and if not effectual, another pill may be taken on the following morning.

Another Restorative Pill by Sir Astley.

Take two grains of blue pill mass,
three grains of compound extract of colocynth.

Make into one pill, to be taken and repeated as the last.

These are medicines of great value in all those slight indispositions, which though troublesome enough, and heavy on the spirits, do not quite oblige the patient to leave his business and go to bed. We cannot too strongly recommend them; though we think it necessary to say, that like other good things Sir Astley's pills may be abused, namely, by taking them too often. Nobody for example, unless fairly invalided, could possibly require a pill a-day. Recollect the rule of "Temperance," even in your medicines. Thousands are every day sent to their graves by their intemperance in the use of drugs, taken either by their own advice, or by that of the apothecary, whose aim it

* The word *Catarrh* is Greek, and means a *running* [from the nose, the lungs, or the bladder]. The Latin for it is "distillatio."

is to glut the stomachs and suck the purses of his patients by his poisonous draughts.

BOILING OF VEGETABLES.

Nothing is of greater importance in cookery than boiling vegetables properly, and it requires great nicety and care to have them in perfection for the table. The first requisite is that they should be carefully skimmed during the boiling, and if they are required to be of a fine green colour, to boil them very quickly over a brisk fire, with a small quantity of salt in the water, or a tea spoonful of pearl ash or soda, which will make them green and tender.

The time is also of great importance, as vegetables, either under or over done, are not fit to be eaten. The proper time for greens and green peas, is twenty minutes; for artichokes, garden beans, asparagus, and parsnips, half an hour; for turnips and brocoli, a quarter of an hour; for beet roots, three hours; and for cauliflower, sea cale, Jerusalem artichokes, (which should be peeled, and have a spoonful of flour mixed with the water) twenty minutes. We shall add to these a

New Method of Boiling Potatoes.

This is considerably different from the methods which we have given in the previous volumes, and consists of peeling the potatoes neatly, putting them into a saucepan, and covering them with water. When they have boiled smartly for about three minutes, strain the water from them, sprinkle a little salt over them, and cover them with a cloth, and the cover of the saucepan. Let them steam gently in this manner beside the fire, till quite tender and dry. There can be no doubt, as you will find upon trial, that this is by far the best mode of doing potatoes nicely.

REMEDY FOR TIPSYNESS.

In the foreign medical Journals, hartshorn has been lately much praised as a certain and immediate cure for drunkenness; of which we have given some striking cases above, where it appeared certainly to be powerful, but it is perhaps, scarcely less so than the very ancient remedy of bitter almonds, mentioned by Plutarch, on the authority of his physician, Claudius. We would recommend a combination of the two. If the person is sensible, let him eat half a dozen bitter almonds, and take thirty or forty drops of solution of hartshorn in a glass of water. If he cannot eat the almonds, let the emulsion of them be given him and then the hartshorn.


PHILOSOPHY OF THE HAIR.—No. 9.

We resume this interesting subject with the following valuable remarks by a celebrated physician. In reality, the condition of the hair may, perhaps, justly be considered as chiefly dependent on that of the inner skin; for the cuticle, or scarf skin itself is not only insensible, but, so far as observation has hitherto instructed us, unprovided with vascular organization. We are, however, able to perceive in it an arrangement as to structure, conformable to the different parts which it is destined to cover. We see, also, that it is permeable to those modifications of vapour, air, or other substances, which constitute insensible perspiration and sweat; and we have reason to believe that it admits from without, the transit of certain odoriferous effluvia, as turpentine, and, perhaps, even portions of substances, apparently more gross, as quicksilver.

We farther know, that the scarf skin varies as to thickness in different persons, and in the same person, under different circumstances. Friction and pressure increase its thickness and strength; as we see in the hands of labouring persons, comparatively with those of the affluent and indolent. It is also probable that temperance, conjoined with athletic exercise, tends to produce the same effects; for it is found that training not only gives great additional agility, wind, and power of perseverance in exertion, but much increases the capacity of the skin, bearing blows without being bruised or lacerated. It is probably from this cause, in addition to some difference of native constitution, that the skins of women are, in general, so much more tender and delicate than those of men.

The greatest effect of pressure or friction in thickening the scarf skin, is that which we see producing the horny coverings of flat surfaces, as the feet; and those globular indurations on cylindrical or prominent parts, called corns. The brawn which is so much in request as an article of diet, is said to be a similar induration on the skin of the necks of hogs, so confined as to be obliged to be continually rubbing that part. Several examples may be found in authors, and specimens still exist, of an elongation of the scarf skin of human beings into horns. This monstrosity, it has been said, never occurs except to females; but an Italian case has lately been published of a horned man.

This native difference in the strength of the skin seems to be accompanied by a corresponding condition of the nails and hair. The former are evidently a prolongation of the scarf skin; the latter are inserted in bulbs, which originate from the outer sur-



face of the fat, immediately within the inner skin. These bulbs are usually supposed to supply nutrition for the growth of the respective hairs; but this opinion is controverted by Professor Blumenbach, of Göttingen, who, in his *Physiology*, states that the hairs projecting from the fatty tumours of the omentum and ovaria, often arise immediately from the fat itself, without the intervention of any bulb; of which he was accustomed to exhibit examples at his Lectures.

When the skin is thin, the nails are also thin and brittle; the hair in the same person is fine, soft, straight, and sparing; while in persons in whom the scarf skin is more robust, the hair is thick, strong, and often disposed to curl.

Effects of Climate and Weather.

It is usually stated by Zoologists, not only that the hairy and woolly coverings of animals bear a relation to the climate in which they are indigenous, but that their coats change their qualities conformably to the variation in their habitations, and even in the temperature of the several seasons in which they are examined. Thus, those animals which furnish us with furs, are generally natives of the coldest climates; and the same animal has a thicker and closer coat in the Winter than in the Summer. The first position, however, though generally true, is not so universally. Providence has undoubtedly adapted animals to the climates which they were intended to inhabit. Yet the rule is not without exceptions; for there is good reason to believe, that the first known habitation of the Merino sheep, which has the thickest and closest coat of that whole race, was the hot climate of Laodicea in Syria.

That the second point is ascertained, may be doubted. Quadrupeds usually cast their coats at certain seasons of the year; and it may be, that in cold climates, that season is the Spring; after which a new growth may take place, and continue till the next period of moulting. But a similar change, probably, occurs in the regions of perpetual Summer, where the supposed final cause of this change is either wanting, or scarcely adequate to the production of the effect. In Merino sheep, it has been ascertained, by repeated microscopical and other observations, that no growth of additional filaments occurs in the Winter, but that there is the same number of filaments through all the different seasons; that the form of each filament is that of an inverted cone, of which the apex is next the skin; that when, in the beginning of Summer, the animal is shorn, the inside of the fleece is therefore the finest; but that, unfortunately for the opinion which we are discussing, the very next growth after

shearing, which is immediately subsequent to the finest state of filament, is the very coarsest which occurs throughout the year. It may, therefore, be at least doubted, whether temperature or season produces any effect on the relative number or size of hairs or wool. We cannot, with certainty, determine whether we are right in an opinion, which has appeared to us founded on observation, that a due degree of thickness and firmness of the scarf skin is essential to a good constitution, or at least an evidence of its existence. We think we have remarked that persons in whom it is very thin, are more subject than others to scrofula and similar diseases of debility.

ARTIFICIAL WATERS.

Chemistry has taught us to imitate many of the nicest operations of Nature in the preparation of substances of utility in the arts of life. We cannot, it is true, prepare by means of chemistry any of the vegetable products of Nature, but in some important instances, we can improve these in an astonishing degree, as in the well known instances of sulphate of quinine and acetate of morphine, and we have no doubt, that from the field which has been thus so auspiciously opened, fresh harvests of great value will, at no distant period, be reaped. In none of the productions of the new chemistry, however, is the triumph of art more complete, than in the manufacture of the numerous mineral waters, whose reputation in the cure of diseases seems to increase with the increase of knowledge. As many of our readers may be desirous to know the method of preparing these waters, we shall here give a few examples of the processes adopted by the French chemists in their manufacture.

Receipt for Making Pyrmont Water.

Dissolve in twenty ounces and a half of soda water—two grains of common salt, eight grains of Epsom salts, and one grain of carbonate of iron. Mix, and subject to the action of a convenient press for about twenty-four hours; draw off, and bottle for use.

Seltzer Water.

Dissolve in twenty ounces and a half of soda water—four grains of subcarbonate of soda, two grains of subcarbonate of magnesia, and twenty grains of common salt, and proceed as in the last.

Spa Water.

Dissolve in twenty ounces and a half of soda water—two

grains of subcarbonate of soda, one grain of common salt, four grains of subcarbonate of magnesia, and one grain of subcarbonate of iron, and proceed as before.

Siedlitz Water.

Dissolve in twenty ounces and a half of weakish soda water—two drachms of sulphate of magnesia, eighteen grains of muriate of magnesia, or if it be required very strong, put in double the quantity of muriate of magnesia, and proceed as before.

Aix-la-Chapelle Water.

Dissolve in about seventeen ounces of pure water—four ounces of hydro-sulphurated water, twenty grains of subcarbonate of soda, and nine grains of common salt, and proceed as before.

SEA-WATER AS A PURGATIVE.

The water of the sea is well known as an active and effectual purgative, and is much used at watering places for that purpose. A pint of sea water, chemically analysed, was found to contain 2.9 parts of lime, 14.8 of magnesia, 96.3 of soda, 14.4 of sulphuric acid, and 97.7 of muriatic acid; or taking these substances as they are chemically combined, a pint of sea-water may be said to contain 159.3 parts of muriate of soda; 35.5 of muriate of magnesia; 5.7 of muriate of lime; and 25.6 of sulphate of soda. Besides these substances, however, sea-water is almost always contaminated with decayed animal and vegetable matter, and in consequence of these, when it is long kept it becomes putrid and highly offensive.

When used as a purgative, from half a pint to a pint and a half is the usual quantity, according to the constitution of the person who uses it. It is the best way to take the dose at twice, at an interval of half an hour or an hour; the last half of the dose about half an hour before breakfast. A pint contains about half an ounce of purgative salts, of which common salt constitutes about three-fourths.

In procuring sea-water which is intended to be used as a purgative, it ought to be taken up as pure and free from muddiness as possible, and ought never, except it be very pure indeed, to be hastily drank on the beach, before the particles of sand, with which it is in such circumstances generally mixed, are allowed to subside. When this is not attended to, it is not unfrequently followed with bad effects.

BEST METHOD OF SHAVING.

The first thing after preparing the razor, which is requisite to be done as conducive to ease in shaving, is for the individual to wash his face, or that part of it over which the razor is to pass, with warm water. The good effect of this procedure is to remove the dust and dirt which cling to the skin and beard, and which would diminish considerably the keenness of the instrument. Warm water is preferable to cold, not only because it is better calculated to produce this effect, but because, by rendering the skin more smooth and yielding, it will lessen the pain and difficulty of the operation.

When the operator has proceeded thus far, he must prepare his lather; and this naturally leads to the consideration of the soap which he should use for that purpose. The principal difference of the common soaps is in their strength; and, for domestic purposes, that which will raise the thickest and strongest lather is the best. But, for the purpose of shaving, something more is requisite. Shaving soap must not only possess the power of yielding a thick and durable lather, but be as free as possible from every thing irritating and injurious. In this last particular, Naples soap, so much admired by some persons on account of the strength of its lather, is extremely defective. Of all the shaving soaps in present use, there is not one whose component parts are so irritating and injurious as the soap which is called by this name. It is the most caustic, and, of course, the most destructive to the skin, of all soaps; and, in truth, to the production of a needless quantity of lather from a small portion of it, the soundness of the skin of the person using it is completely, and necessarily, sacrificed. Since the first edition of this little work appeared, the questions put to me relative to soaps have been very numerous, and my attention to the subject has been considerable. No soap, we believe, has escaped our examination, and we have made many experiments; but the best soap for the purpose of shaving which we have yet made, and which we always use, is composed, in great part, of olive oil, and uniting the advantage of a durable lather with the power of softening and healing, rather than irritating, the skin of the person using it.

With respect to shaving powder, some are of opinion that the lather raised from soap exceeds that of the powder. That this has been generally found to be the case, we do not dispute; but we must observe that it has arisen from the ignorance or self-interested conduct of the makers of this article. Shaving

powder ought to be nothing but soap ground and finely sifted. But the makers of it, are, in general, of opinion that it requires *some pleasant scent*, and, to produce this effect, and balance the expence which the drying and grinding of it cause, that about an equal quantity of *orris* will be advantageous. Few of our readers, we suppose, are ignorant that from powdered orris-root no lather whatever can be raised; and there are few likewise, we suppose, who will not perceive that, by supplying the place of soap, it will lessen the effect of a given quantity of shaving powder, and contribute considerably to dull the edge of the instrument.

Shaving powder, when properly prepared, is more easily and more quickly raised into a lather than a piece of firm soap. To some, perhaps, it will appear no inconsiderable advantage that it will admit of the use of a soft and pleasant brush; whereas hard soap, unless it is particularly moistened, requires a stiff one.

The best manner of applying the lather is a subject of considerable dispute. Some persons are of opinion that a brush is most proper for this purpose; while others maintain that the hand alone is most effectual. This important question seems to us to resolve itself simply into the question of cleanliness: and, in this view of it, the preference will, probably, be given to the former method.

A subject of much greater controversy is, whether the lather itself should be raised with a brush, or be produced by the action of the hand only. The minutiae of the latter method are, first, washing the beard with water, then rubbing it with a piece of moistened soap, and afterwards raising the soap into a lather by the immediate application of the hand itself. This is called *rubbing it in well*: and one would suppose, from the expression, that the admirers of this method imagined that, to produce its full effect, the lather should be rubbed into the skin, and not into the beard only. When a stiff beard is suffered to become very long, it may, indeed, be better to have recourse to this method; but this is seldom the case with those persons who are most friendly to this expedient.

The question whether a shaving brush should be hard or soft, may be decided in the same manner. The extreme only of softness can render a brush incapable of producing the proper effect.

A consideration of much greater consequence is the *quantity* of lather that should be applied to the beard previously to the beginning of the operation. To this the operator should, indeed, be attentive; for in proportion to the greatness of the

quantity will be the ease with which the beard is taken off. The injury which the edge of the razor receives from the operation, will also be lessened ; and this will afford a sufficient compensation for the difference of time which is required for this purpose.

The majority of razor and razor-strop makers have recommended the practice of dipping the razor into hot water, as wonderfully conducive to ease in shaving. We are happy in finding that the number of its advocates decreases daily ; and that this long continued absurdity appears, at length, to be viewed in a right light. Too long, indeed, have the favourers of this practice forgotten, not merely that the expansion of the edge will be accompanied by an exactly equal degree of softness, and, of course, that its supposed good effect must be momentary, but that a razor of perfect excellence, which has often had this trick played with it, can never be restored to its former state.—Those only who use a microscope in the examination of their razors, can be fully aware of this truth.

PHILOSOPHY OF VISION.—No. 2.

The story of scraping the feather, mentioned in our last, is assuredly a mere vision, and as unworthy of refutation as the theory which ascribes chemical affinity to the mutual hooking and dovetailing of particles of matter. Delaval's mode of experimenting seems to have been first, to make an assumption, and secondly, to make all his experiments agree with it. This becomes much more evident from the experiments of Dr. Herschel, who proves clearly that colour does not at all depend on the size of the particles of bodies, nor on the thickness or thinness of their coating.

There is a circumstance which we do not recollect to have seen adduced in this inquiry, which proves incontestibly that there must be even a tangible difference of texture in things of different colours. We allude to the well-known circumstance of the blind being often able to tell the colour of silk and other things by touch alone. A blind man once remarked to me that the banisters of a staircase were green. I asked him how he knew this, he said by feeling the paint.

A number of facts make it not unlikely that oxygen is the principle which produces colour. In a sketch like this, we have not room to detail these: we shall only mention that Sir F. Ford, by diffusing oxygen through water, and sprinkling it upon flowers, found that they assumed more brilliant colours, and even in some cases their colours were considerably changed.

It may be amusing here, to mention the singular theory

which Dr. Darwin broached, to account for the colours of animals and the eggs of birds. He thinks that these colours are induced by the colour which the animal most frequently sees. The eggs of the hedge-sparrow and the thrush are, accordingly, green, like the hedge, and the eggs of the sky-lark grey, like the earth or sand among which it nestles. The bears and other animals of the polar regions, become white in Winter, according to the same theory, from the effect of the white snow on the eye. But if the theory were true, these effects would be uniform. The green-finch and the chaffinch are as much about hedges as the hedge-sparrow and the thrush, yet their eggs are not green, but white, with red spots. Besides, the eggs of the several species remain of the same colour when laid in a cage or an aviary. Neither are all polar animals white, and if they were, and the theory were in this instance correct; how comes it, that oxen and sheep do not become green like the pastures which they are constantly viewing? Domestic animals, indeed, vary much in colour from their variety of food and of exposure to the weather; but why do not all wild animals, such as hares and deer, become green? Here the theory is at fault.

It was a consequence of Newton's discoveries respecting light, that there is no colour in any body or substance which *appears* to be coloured. This is rather a startling proposition to a plain man, unacquainted with the niceties of philosophy; but the proofs of it, even a plain man will scarcely think of resisting.

You say, for example, the grass is green, but look at it through a glass coloured purple, and it will appear purple; look at a crimson rose through a green glass, and it will appear green instead of crimson. A grass field seen through the limb of a rainbow, assumes all the colours of the rainbow; and the same is the case when a chalk cliff is seen through it, as at Dover, it may often occur.

In the red-hot kiln of the potter, no colour but red is distinguishable, till the workman introduce a small piece of dry wood, which, by producing a white flame, renders all other colours instantly visible.

The Jaundiced Eye.

It seems to have been from these well known facts the opinion arose, that, in the disease of jaundice, in which the *white* of the eye becomes yellow, every thing appears to the patient to be yellow, and the "jaundiced eye of prejudice" has even become a proverb. The fact, however, is, that patients in jaundice do not see things yellow, as we can testify from experience,

having ourselves had the disease. And a physician in extensive practice (Dr. Milner Barry, of Cork,) informed us, that he never found one patient in jaundice who saw objects yellow. It seems, therefore, to be a vulgar error.

Colour not in Body?

It follows, from the theory, that things are rather of the colour which they reject and drive from them, than of that which they retain, as we see only the light that is reflected. Objects of course are of no colour in the dark. Black is the absence of all colour, and white the combination of all the colours. If light and heat be directly proportional, this is proved by the difficulty of setting fire to *white* paper by a burning glass, while any part of the same paper, coloured black, will readily burn. Besides, the image of the sun is never so distinct upon white as upon coloured paper. In the dark, objects are of no colour.

A Scots philosopher, Dr. Reid, obtained all his celebrity by maintaining, contrary to what we have now stated, that colour is really a property of all things; because, (*this was his proof*) all plain men agree in this opinion. By the same mode of reasoning, he might have maintained the earth to stand still, while the sun and stars wheel round it every twenty-four hours, in opposition to the clearest demonstration.

The theory enables us also to account for several remarkable appearances of frequent occurrence.‡ The sun, at rising, for example, is often seen of a red colour, and the same is observable when he is seen through the exhalations of a city; evidently because the red rays have a greater power of penetrating haze and vapours, than the other rays, which are arrested on their passage before they can reach the eye.

Blue of the Sky.

The azure blue of the sky, in the same manner, may be accounted for, from the weak power of the blue rays, which are reflected from the earth, and are unable to pass off again so rapidly as the light of other colours. This is proved by the sun appearing white, because it is perceived by direct and not by reflected light.

To measure the intensity of two or more lights, such as a lamp and a candle; place them a few inches asunder, and distant two or three yards from a white wall. Hold a small card between them and the wall so as to project two shadows, the one dark, from the brighter light, the other faint, from the duller light. Now remove the lights, separately, nearer or farther from the wall till the two shadows are of equal darkness, of which the eye will readily judge. Measure the distances of the two

lights from the wall ; say they are 10 feet and 5 feet square, and you have the proportion 100 to 25, or 4 to 1. By this method it has been proved, that the English gas is to that of Glasgow as 4, and, sometimes, as 3 to 5.

Reflection of Light.

It is not frequently that we see direct light, as few of the objects which interest us afford it; and consequently, reflected light becomes an important branch of our inquiry, though we have but little room to spare, and must refer to writers on optics for the more minute details.

The basis of all our knowledge of reflected light, is the invariable law, that the angle of reflection is equal to the angle of incidence. This gives us a clear explanation of the fact, that we only see the image of the moon in one spot of a sheet of water, though it shine equally on all the expanse. It follows, that if six individuals were all standing on different parts of the margin of a lake on which the moon shone, the image of the moon would to each of them appear to be in a different part of the lake. Indeed there could be no point of the lake in which the image of the moon could not be seen at the same instant, by a person in a fit position to perceive it.

Visibility of a Lily.

It is on the same principle that we see every object around us. A lily, for example, reflects light, in every direction, through the air around it; but it is only by the portion of its light which falls upon our eye that it becomes visible. Four individuals standing severally on the north, the east, the south, and the west of the lily, will each perceive the lily; and shift their position and distance as they may, they still can see but one lily. We may apply this example to every thing which we see around us, trees, houses, men, cattle, the sun, the stars, and the landscape before us—all follow the same law.

Reflection of the Eye.

It is also a consequence of this doctrine that the reflection is mutual; for, if the sun shine upon a lake, the lake will shine back upon the sun, and if the lake reflect some of the sun beams to our eyes, our eyes will also reflect some of the beams back to the lake. Were this not the case, all objects would be in darkness even in the brightest sunshine.

It appears to us, that this has likewise a more important effect in producing sight than has been yet investigated. Is it not, indeed, by means of the reflected light of the white of the eye, the cornea, and the iris, that objects become visible? That

the light coming from objects is made more distinct? This is very obviously the case with cats and other animals which see in obscure light—whose eyes, by their strong reflection, become to them a sort of natural torches. It would require a series of minute and accurate experiments, to shew its effect on human vision; we have no doubt, that such an investigation would lead to useful discoveries.

Apparitions.

To the erroneous judgments formed concerning reflected light, many of the stories of apparitions are to be ascribed. The obscure white light, reflected in the twilight from a pond or other narrow piece of water; or from a white post, or a birch tree, may, by an apprehensive fancy, very readily be imagined to be a sheeted ghost, escaped from the grave.

I recollect, when I was a boy, that a whole village was in consternation at the appearance of a ghost among a row of tall beech-trees, adjacent to the Manor-house. The ghost was repeatedly seen in the form of a headless woman, in white, climbing the trees with one hand, and brandishing a pale glimmering torch in the other. On the apparition being observed by some persons less timid, and less fanciful, it was found that it was nothing more than the reflected light of a miner's lantern, gleaming among the white trees on his going to his labour.

The spectre of the Brocken Mountain, excited, and, we believe, still excites terror in that part of Germany. It has, however, been clearly ascertained to be nothing more than the shadow of the person who perceives it, reflected and magnified by the vapours which float around the mountain. A similar spectre has been observed on some of the Welch mountains.

Fata Morgana.

The singular and beautiful phenomenon seen in the bay of Naples, called the Fata Morgana, seems also to result from the reflection of light. The whole of the bay seems to be turned into an earthly paradise; groves and gardens, and fairy mansions all floating on the waters, in a scene of splendid enchantment. The play of reflected light, however, is so varied, that though the picture must be derived from the objects on shore, it is not easy to recognise them. The same singular appearance is also said to occur in the Strait of Sumatra, and at the Giants' Causeway, in Ireland. A friend of mine assured me that he once saw a similar phenomenon in an inland part of Scotland. Even at Naples, where it has been oftenest seen, it is not of frequent occurrence.

Mirage of the Desert.

A still more surprising appearance, most probably arising from the reflection of light, is the *mirage* of the Desert. This is the appearance of a lake of water, so completely delusive, that the traveller, faint with thirst, in travelling the burning sands, rejoices in the discovery of water. On approaching the supposed lake, however, he is miserably disappointed to find nothing but a continuation of the same plain of burning sand. The manner in which reflected light produces the mirage, is not, we believe, well understood.

No satisfactory explanation has been given of a somewhat similar phenomenon of very frequent occurrence: the tremulous watery reflection seen over certain substances, such as the slates on a roof when the sun shines strongly on them in hot weather. Vapour will not account for it, as it is usually seen over very dry substances much heated; nor will the agitations of the air, by wind, explain it, as it is only in a dead calm it is observed. May it not be similar to boiling; the heat of the slates driving off the rarefied air, and the cold air above replacing it, causing the tremulous motion in the air, and consequently in the light which it reflects? This is only a conjecture, and would require proof.

 HYDROPHOBIA.

It is known that in England, at least in certain years, hydrophobia prevails much more than in certain other years. Sometimes two or three years elapse without a single case occurring. From the following statement, taken from Hufeland's *Journal der Praktischen Heilkunde*, respecting the prevalence of hydrophobia in Prussia, it appears that it does not vary so considerably as it is said to do in England. The statement gives the numbers of those who have died of hydrophobia in Prussia, for nine years, commencing with 1810. In that year the number who died was 104; in 1811, it was 177; in 1812, it was 101; in 1813, it was 84; in 1814, it was 127; in 1815, it was 79; in 1816 it was 201; in 1817, it was 228; in 1818, it was 268; and in 1819, it was 356; in all 1666; the average of which is 263 per annum. We should think that the number in this country is very considerably less.

Case of Hydrophobia Prevented.

In most of the cases where hydrophobia has been said to be prevented, there is great deception, for independent of the preventives, the disease might never have appeared. The following

case, however, appears very striking: it is related by Dr. Emiliani, in the Transactions of the Society of Bologna, under the title of *Storia Medica di un Caso Raro*. The patient was D. Brizzi, a bleacher, who kept a large house-dog chained in his court. A strange dog, that was wandering about, bit Brizzi's dog, who, thirty days afterwards, bit his master, his master's son, and also a servant, and then showed symptoms of hydrophobia, of which he died in a few days. The persons bitten took internal remedies, which were said to be antidotes to hydrophobia, and six days elapsed before Dr. Emiliani visited the family, and explained to them the dreadful danger that probably awaited them. He proposed to cauterize the wounds with a red-hot iron, to which Brizzi and his son submitted, but the servant, as he had been bitten in the lower part of the belly, refused. Professor Atti cauterized the wounds of the father and son very deeply, and kept up a considerable discharge from the parts by means of blistering ointment. In consequence of this treatment, or at least we may reasonably infer this consequence, the dreadful event was prevented, while the servant, who would not submit to it, was seized with hydrophobia, the twenty-seventh day after the bite, and died in two or three days, as is the uniform event in such cases.

It is worthy of remark, that this is pretty nearly the method of prevention which we mentioned last year, as being so successfully adopted by Professor Axter, of Vienna, namely, cauterizing the wound, and afterwards keeping up a succession of blisters over it, while cantharides are given internally. We cannot too earnestly recommend a trial of this plan in some of the many cases which are daily occurring. M. Axter says it never failed with him in a practice of many years.

MEANS OF IMPROVING THE VOICE.

On this important subject, the following remarks will be found useful:—

The first rule for the preservation of the voice, and which is equally supported by ancient authorities and modern experience, is, that the public speaker should, if he “strive for the mastery,” be habitually temperate in all things; moderate in the use of wine, and in the indulgence of the table; and not given to any personal excess. A bloated body and an enfeebled constitution, are not only injurious to the voice, but render a man equally incapable of any other mental or bodily exertion. The voice should not be exerted after a full meal. This rule is a consequence of the first. The voice should not be urged beyond its strength; nor be strained to its utmost pitch without

intermission : such mismanagement would endanger its power altogether ; and it might break. Frequent change of pitch is the best preservative. The same rule holds in music. Well composed songs, and skilful singers may, sometimes, for brilliancy or effect, and to shew the compass of the voice, run up and touch the highest notes, or descend to the lowest ; but they should by no means, in their modulations, dwell long on the extremes. High passion disregards this wholesome rule ; but the orator will not be rash in its violation ; nor should the composer of what is to be spoken or sung, be remiss in his attentions.

At that period of youth when the voice begins to break, and to assume the manly tone, no violent exertions should be made ; but the voice should be spared until it becomes confirmed and established. Neither, according to this rule, should the voice, when hoarse, if it may be avoided, be exerted at any time.

If a boy would give himself the chance of having a contralto, establishing his constitution, and making his fortune, let him begin to think and take heed from fourteen ; for a cold will break the voice before the time of nature ; omission of singing often, but not too long at a time, will sink it, and vicious gratifications may ruin it and the constitution before the age of manhood. The singer may with more safety indulge at thirty, when the constitution of man is fixed, or even at forty, than at eighteen, when nature is in a state of growth and immaturity ; though, indeed, many young proficients in music, have made a shameful and speedy end, who have promised fair in the beginning, and might have proceeded happily, but setting off with over much sail and too strong a tide, suffered shipwreck in the channel, before they could well get out to sea.

Some things are found serviceable to the voice, and are used by modern singers. They may be equally advantageous to a public speaker. Warm mucilaginous and diluting drinks, in case of dryness of the fauces, or slight hoarseness, barley water and tea, preparations of sugar, sugar-candy, barley-sugar, and the various sorts of lozenges which modern ingenuity prepares too so elegantly : a raw egg, beat up, is reckoned the best substance for immediately clearing the voice, and is preferred by the Italian singers. Garlic is much used, notwithstanding its offensive odour. The great means of improving the voice, as of all other improvement, is constant and daily practice. The professional exercise at the bar, the senate, and the stage, if properly attended to with a view to improvement, may suffice for the orator of our times. But the ancients, besides this, were in the daily practice of preparatory declamation. Their rule was, after proper bodily exercise, to begin at the lowest tones of their voices,

and go gradually to the highest. This was called anaphonesis ; and sometimes the paean and the munio ; the former the exercise of the voice in the highest pitch, the latter in the lowest. They used to pronounce about 500 lines in this manner, which were committed to memory, in order that the exertions of the voice might be the less embarrassed.

It is a great and general mistake among the players, at rehearsal, as the common practice is, to mutter over their parts inwardly ; and keep in their voices, with a mis-imagined purpose of preserving them against their evening acting. Whereas, the surest natural means of strengthening their delivery, would be to warm, dephlegm, and clarify the thorax and wind-pipe, by exerting (the more frequently the better) their fullest power of utterance ; thereby to open and remove all hesitation, roughness, or obstruction, and to tune their voices by effect of such continual exercise, into habitual mellowness, and ease of compass and inflexion ; just from the same reason, that an active body is more strong and healthy than a sedentary one.

The second rule has been anticipated, which is bodily exercise. The ancients recommend walking a certain distance before breakfast—about a mile. Riding on horseback we do not find recommended or practised as mere exercise. In order to strengthen the voice, Mr. Sheridan advises, that any person who has fallen into a weak utterance, should daily practise to read, and repeat in a large room, in the hearing of a friend. His friend should be placed at first, at such a distance as he may be able to reach in his usual manner ; the distance is then gradually to be increased, till he shall be so far from him, that he cannot be heard beyond him without straining. There should his friend hear the most part of his declamations. And through this practice should he proceed, step by step, daily ; by which he may be enabled to unfold his organs, and regularly increase the quantity and strength of his voice. Perhaps the same practice might more easily and effectually be made in the open air, as every speaker cannot conveniently obtain the use of a room of the requisite dimensions.

Mr. Walker's rules for strengthening the voice, are excellent and practicable ; his general principle is, that, in order to strengthen the higher tones of the voice, such passages should be practised as require the high tones. These are, particularly, a succession of questions, ending with the rising inflexion ; For the middle tones, passionate speeches requiring them should be practised ; and for bringing down the voice, which is apt to run wild, and not to be in our power when long continued above, the succeeding sentence is to be begun (if the subject will admit) and delivered in a lower tone.

GOURMANDERIE FOR SEPTEMBER.

We will advise nobody to eat oysters in September; they are neither cool enough then, nor fat enough, nor even free enough from salt, to stimulate the appetite of an amateur. Before the commencement of December they have little real claim to figure upon the table. To make amends, we this month commend every sort of game; which has already swelled to a reasonable bulk, but which in the following months will be better still. Of these, however, we must except the vine-thrush; because its chief food being the grape, its being in good case depends on its maturity and full growth. These lovely vintagers are a very delicate food, and well deserve a few moments attention from us.

The thrush is put to the spit enveloped in a vine leaf, and without being embowelled. It has this in common with the lark. They are served up with pieces of toast, which, being soaked with their gravy, is most delicious, and affords us in some measure the very spirit of the animal. Such is the simplest way of serving them roasted. But should it be desirable to add something ornamental, they must be larded with bacon, whilst they are roasting, or powdered over with a mixture of bread and salt, and after the dish being rubbed with an eschalot, or better still with a rocambole, they are to be forthwith dressed with pepper and verjuice.

But if we have recourse to the pan instead of the spit, we may have the thrushes braised, and even in a ragout, composed of white wine, fine herbs, melted lard, &c., the whole whetted with a good citron juice. From the pan, however, let us return to the spit, and on doing so let us begin with the thrushes *au Genievre*, which well deserve a particular description.

They are first covered with pieces of juicy bacon, and are afterwards enveloped in paper. They are then put upon the spit (though it is well known that small birds are never spitted, but are fixed to a large spit by means of skewers) and left to revolve with it. In the meantime, you put into a pan equal parts of juice and of cullis, moistened with a glass of excellent white wine, and with the juice of a green citron. You allow this mixture to boil a little, then you whiten it with twelve grains of juniper, (you may even go the length of fourteen) which you put into your cullis with the thrushes, at their descent from the spit; and you allow the whole to boil gently, and skim the cullis before serving it up. When this ragout is well prepared, there is something for which one may lick his fingers to the very marrow; one could eat his own father to this sauce.

The receipt of Bernardin, is applicable to thrushes and to every species of small black game, as well as to woodcocks and ducks; and this sort of impromptu hash, made under the eyes of the amateur guests, is one of the most pleasant sights which one can enjoy while eating. It is a feast of which every guest takes his share with so much the greater spirit, as he sees it is for himself alone it is prepared. The guignard is a native of warm countries, quits them as the earth is in progress of being bared, and follows the march of the reapers, being very fond of the grain which they drop in cutting down the crops. Thus then he passes up through France, always gleaning; and it is between September and the middle of October that he traverses the plains of Beauce. It is there that he pleases better than any where else, and it is there that the hunters wait for him with impatience. The gluttony of this bird greatly promotes his destruction, for as soon as one of them has fallen under the murderous lead, all the others fall upon the place, believing that the one which has just been brought to the ground, has only alighted on a quantity of grain. This illusion of which the hunters take advantage, brings death to a very great number.

The guignard is nearly of the size of the golden plover. We have seen that it is a bird of passage, and that Chartres is its favourite resort. It is eaten *a la broche*, and is made to undergo the same transformation as the plover. It is also made into very exquisite pies. It was to these pies that the celebrated Philip of Chartres (whose name no gourmand can pronounce without gratitude, and which the amiable muse of M. Collin, of Halleville, has immortalized in a charming epistle,) owed his reputation. The success of this epistle, M. Collin's first production, induced him to prosecute the career of letters; so that it is to the guignard the public owes the *Inconstant*, the *Castles in Spain*, the *Optimist*, and the old *Celibataire*. After this who has the audacity to say that gourmanderie is at war with the Muses?

Among the leguminous productions which in this month present themselves, the autumnal artichokes especially deserve to be noticed, being remarkable as well for their delicacy as for their good taste. The Parisians prefer those from Laon, to any of the other sorts in use among them; and these are easily distinguished, as they always have much of a sun-burnt appearance, the effect of the sun's heat during their transportation, for the artichoke has naturally a very delicate complexion. Large artichokes are dressed *à l'eau*, whether they are to be eaten *à la sauce*, with the thinnest butter, or *à la huile*; and in

this state, it must be confessed, they stand conspicuous as a dainty dish. The middle sized, and small artichokes, which are not the least tender, are prepared in so many different ways, that they become a real cameleon in the hands of a skilful artist. They are eaten in the Spanish mode with gravy, or with verjuice, in grain; also in crystals, in chicken fricassee, in pease soup, fried *a la barigoulie*, *tournes*, &c. The hearts of artichokes, dried in a proper manner, keep for a very long time, and serve through all the seasons for furnishing a great many different ragouts. It is in chicken fricassees, and in hot pies, that we meet them with the greatest pleasure.

The artichoke, as appears, is of eminent service in the kitchen; so that it can be but ill overlooked. And it is a serious calamity when it fails. We ought to add that it is a nourishing stomachic astringent, and slightly aphrodisiac, aliment. It is a food which agrees with delicate persons, who have weak stomachs, and consequently with literary men and deskers. Although, however, it is so beneficial for them when it is cooked, they ought to shun it as poison when it is raw, for then its acidity and astringency being too great, may cause them a great deal of harm. Those descriptions of persons ought moreover absolutely to abstain from peppered artichokes, which agree only with common stomachs.

A nice bunch of artichokes, fried of a fine colour and garnished with fried parsley, is one of the most ravishing sights that can strike the eye of the amateur, when presented as a dainty dish to guests who have already finished a meal. It is in this month that eggs abound—that they are best, and cheapest; two advantages which almost always go together with respect to every sort of good cheer. Now is the time, therefore, to lay in the winter store of them, for they will not be slow in starting at each succeeding market. They are preserved in a dry and clean place, either in bran or in oil. If preserved in the last manner, one can eat them cool, and even in the shell, for more than six months.

The egg is to the kitchen what the articles are to speech, that is, they are so indispensibly necessary that the most ingenious cook would throw up his art, if the use of them were prohibited to him. Even the Catholic church herself, who, in respect of good cheer, takes care of herself, has relaxed in their favour the rigour of the laws of Lent, and allows them even on Good Friday. From that day till Easter the imagination of good Catholic cooks is on the rack to supply their place. It is the hardest time of the year for them to get over. Many, also, who do not boast of it, are less intent on getting over it satisfactorily, than on concealing what trade they are of.

The egg is an essential constituent in most sauces, in all the meagre ragouts, and in most of the entremets. It is an amiable reconciler, which interposes between all parties, to effect their association and to identify them with each other. It forms the indispensable ground work in preparing all sorts of pies, be they *pâtés brisées*, or *pâtés, feuilletés*, or *pâtés croquantes*, or *pâtés d'office*; in a word it is the basis of all that regards the great as well as the little oven, even though we include the *oven de campagne*. There are then no creams into which it does not enter, no pastry, no sweetmeats, and, above all, no omelettes.

Five hundred and forty three different modes of cooking eggs are known in France, without reckoning those which our artists devise daily; for the kitchen is a country in which discoveries always remain to be made. Their scientific nomenclature, would occupy more than twenty leaves in nonpareil, and would still be incomplete. Those of the hen are the only ones which are made use of in the kitchen; we shall say nothing of those termed cock's eggs, which are not in use except in garnishing, and sometimes also those of the duck, which are occasionally confounded with them, though duck's eggs are much larger.

To choose eggs it is requisite to hold them up to the light, and when they prove clear and transparent we may be sure they are not old; for if they had been old, time would have blended the white and the yolk together, so that they would have appeared clouded.

In general, eggs are wholesome and friendly to man; but the medicinal qualities of eggs depend a good deal on their preparation. Nothing is more salutary than a fresh egg, nothing more indigestible than one which is not so. The white of the egg is of all nutritive substances that which most readily assimilates itself to the alimentary juices of man, because in its nature it is closely allied to lymph. The yolk is a particular substance, which joins to the advantage of being very nourishing, that of attenuating and dissolving masses of fat, and of promoting their mixture with the digestive juices. In boiled eggs these substances undergo no alteration, and preserve all their beneficent principles; besides, eggs are the simplest nourishment which the animal kingdom affords, and are allowed to persons who are convalescent, to infants, and to persons the most delicate. But when their very nature has been altered in a thousand ways by the art of cookery, their properties are no longer the same, and they come to rank among those aliments which must not be used to excess. We ought to say, however, that, except when

fried, eggs generally agree with all temperaments, and that all stomachs accommodate themselves to them very well.

To all the other properties of eggs this must be added, that they can be got ready in a very short time. They thus present an instantaneous resource, whose advantages are so much the more incalculable, as with them one is never taken unprovided. The egg is a warm friend, always ready to be sacrificed for us, and is to be found at the instant of need, every moment of our lives.

FIRE-SIDE COMFORTS AND SMOKY CHIMNEYS.

The warm weather is now departing with the swallows, and we must soon resign the arbour for the chimney corner. We talk, indeed, of the comfort of our fire-sides; but, in fact, in one respect the fire-side is the most uncomfortable place in the house, owing to the usual construction of our chimnies, which favours the escape of smoke and vapour, a great part of which ought to be consumed, whilst the warm air is also carried off, and only replaced by the cold air, which finds an entrance through accidental crevices in doors or windows. The results of this it is needless to enumerate. It is needless to expatiate on the comfort of sitting before a good fire, scorched on the one side, and chilled by the cold air on the other; whilst the current of cold air, entering into the wide-mouthed chimney, and without passing through the fire, destroys its draught, and renders the combustion of the fuel so imperfect, that a considerable portion passes away unburned, or comes down again into the room, in the form of smoke, producing one of the most annoying of our domestic evils. That which does escape from the top of the chimney forms an annoyance out of doors; but a great proportion adheres to the sides, and is one of the principal causes of the present necessity for climbing boys, which might be entirely avoided upon the new principle.

This new mode has also one great advantage, that its principles may be most usefully extended to water-closets, so that a person who enters them, by the mere action of the door, and without any particular attention on his part, expels all the foul air; which may be at the same time replaced by atmospheric air, or by the warm fresh air from the house. The action of shutting the door, in returning, supplies a fresh quantity of air, and produces all the necessary action of the cisterns.

For these purposes a variety of tunnels and cavities will be required to be made in the foundation, which, unfortunately, cannot be conveniently done with houses already erected. When this is attended to, a proper temperature may always be preserved

with less expense than by the common method of warming rooms; independent of the advantages of health and general convenience.

Though certainly expensive at first, yet, ultimately, this becomes economical; for one pound of coals, in the new stoves, will raise 5085 cubic feet of air through 59 degrees; and the purity of the air is always greater than when heated by steam, besides a considerable diminution in expense. Even in old houses this plan may be adopted in halls and staircases, by means of flues, drawing the cold air to the stove, and sending it back again by the flues, whilst the due degree of ventilation is kept up by local circumstances.

In regard to smoky chimnies, a few facts and cautions may be useful; and a very simple remedy may often render the calling in of masons and bricklayers unnecessary.

Observe that a northern aspect often produces a smoky chimney.

A single chimney is more apt to smoke, than when it forms part of a stack.

Straight funnels seldom draw well.

Large fire-places are apt to smoke, particularly when the aperture of the funnel does not correspond in size; for that a temporary remedy may be found in opening a door or window; a permanent cure, by diminishing the lower aperture.

When a smoky chimney is so incorrigible as to require a constant admission of fresh air into the room, the best mode is to introduce a pipe, one of whose apertures shall be in the open air, and the other under the grate; or openings may be made near the top of the apartment, if lofty, without any inconvenience even to persons sitting close by the fire.

This species of artificial ventilation will always be found necessary for comfort, where gas is used internally, whether a fire is lighted or not.

Where a chimney only smokes when a fire is first lighted, this may be guarded against by allowing the fire to kindle gradually; or more promptly, by laying any inflammable substance, such as shavings, on the top of the grate; the rapid combustion of which will warm the air in the chimney, and give it a tendency upwards before any smoke is produced from the fire itself. If old stove-grates are apt to smoke, they may be improved by setting the stove farther back. If that fails, contract the lower orifice.

In cottages, the shortness of the funnel or chimney may produce smoke; in which case the lower orifice must be contracted as small as possible, by means of an upright register.

If a kitchen chimney overpowers that of the parlour, as is often the case, in small houses, apply to each chimney a free admission of air, till the evil ceases.

When a chimney is filled with smoke, not of its own formation, but from the funnel next to it, an easy remedy offers, in covering each funnel with a conical top, or earthen crock, not cylindrical, but a frustum of a cone; by means of which the two openings are separated a few inches, and the cold air, or the gusts of wind no longer force the smoke down with them.

If these remedies fail, it will be generally found that the chimney only smokes when the wind is in a particular quarter, connected with the position of some higher building, or hill, or grove of trees. In such cases, the common turncap as made by tin-men, and ironmongers, will generally be found fully adequate to the end proposed. A case has occurred of curing a smoky chimney exposed to the N. W. wind, and commanded by a lofty building on the S. E. by the following contrivance.

A painted tin cap, of a conical form, was suspended by a ring and swivel, so as to swing over the mouth of the chimney-pot by means of an arched strap or bar of iron nailed on each side of the chimney. When a gust of wind laid this cap (which, from its resemblance in form and use to an umbrella, is called a paravent or wind-guard,) close to the pot on one side, it opened a wider passage for the escape of the smoke on the opposite side, which ever way the wind came; while rain, hail, &c. were effectually prevented from descending the flue.

PHILOSOPHY OF SLEEP.

Sleep is one of the wisest regulations of Nature, to check and moderate, at fixed periods, the incessant and impetuous stream of life, and forms, as it were, stations for our physical and moral existence; and we thereby obtain the happiness of being daily reborn, and of passing every morning, through a state of annihilation, into a new and refreshed life. Without this continual change, this incessant renovation, how wretched and insipid would not life be! and how depressed our mental as well as physical sensations! The greatest philosopher of the present age says, therefore, with justice, "*Take from man hope and sleep, and he will be the most wretched being on earth.*"

How unwisely then do those act who imagine that by taking as little sleep as possible they prolong their existence! They will obtain their end neither in *intensive* nor *extensive* life. They will, indeed, spend more hours with their eyes open, but they will never enjoy life in the proper sense of the word, nor the

freshness and energy of mind which are the certain consequences of sound and sufficient sleep, and which stamp a like character on all our undertakings and actions.

But sufficient sleep is necessary, not only for intensive life, but also for extensive, in regard to its support and duration. Nothing accelerates consumption so much; nothing wastes us so much before the time, and renders us old, as a want of it. The physical effects of sleep are, that it retards all the vital movements, collects the vital power, and restores what has been lost in the course of the day; and that it separates from us what is useless and pernicious. It is, as it were, a daily crisis, during which all secretions are performed in the greatest tranquillity, and with the utmost perfection.

Continued watching unites all the properties destructive of life; incessant wasting of the vital power and of the organs, acceleration of consumption, and prevention of restoration.

We must not, however, on this account, believe that too long continued sleep is one of the best means for preserving life. Long sleep accumulates too great an abundance of pernicious juices, makes the organs too flaccid and unfit for use, and in this manner can shorten life also.

In a word, no one should sleep less than six, nor more than eight hours. This may be established as a general rule.

To those who wish to enjoy sound peaceful repose, and to obtain the whole end of sleep, I recommend the following observations:—

1st. The place where one sleeps must be quiet and obscure. The less our senses are acted upon by external impressions, the more perfectly can the soul rest. One may from this see how improper the custom is, of having a candle burning in one's bed chamber during the night.

2d. People ought always to reflect, that their bed-chamber is a place in which they pass a great part of their lives; at least they do not remain in any place so long in the same situation. It is of the utmost importance, therefore, that this place should contain pure sound air. A sleeping apartment must consequently be roomy and high, neither inhabited, nor heated, during the day; and the windows ought always to be kept open, except in the night time.

3d. One should eat little, and only cold food for supper, and always some hours before going to bed.

4th. When a-bed, one should not lie in a forced or constrained posture, but almost horizontal; the head excepted, which ought to be a little raised. Nothing is more prejudicial than to lie in bed half-sitting. The body then forms an angle;

every circulation in the belly is checked, and the spine is always much compressed. By this custom, one of the principal ends of sleep, a free and uninterrupted circulation of the blood, is defeated; and, in infancy and youth, deformity and crookedness are often its consequences.

5th. All the cares and burthen of the day must be laid aside with one's clothes; none of them must be carried to bed with us; and, in this respect, one, by custom, may obtain very great power over the thoughts. I am acquainted with no practice more destructive than that of studying in bed, and of reading till one falls asleep. By these means the soul is put into too great activity, at a period when every thing conspires to allow it perfect rest; and it is natural that the ideas, thus excited, should wander and float through the brain during the whole night. It is not enough to sleep physically; man must sleep also spiritually, such a disturbed sleep is as insufficient as its opposite; that is, when our spiritual part sleeps, but not our corporeal; such, for example, as sleep in a jolting carriage on a journey.

6th. One circumstance, in particular, I must not here omit to mention. Many believe that it is entirely the same if one sleeps their seven hours either in the day or in the night time. People give themselves up, therefore, at night, as long as they think proper, either to study or pleasure, and imagine that they make everything even, when they sleep in the forenoon those hours which they sat up after midnight. But I must request every one, who regards his health, to beware of so seducing an error. It is certainly not the same, whether one sleeps seven hours by day or by night; and two hours sound sleep before midnight are of more benefit to the body than four hours in the day. My reasons are as follow:—

That period of twenty-four hours, formed by the regular revolution of our earth, in which all its inhabitants partake, is particularly distinguished in the physical economy of man. This regular period is apparent in all diseases; and all the other small periods, so wonderful in our physical history, are by it in reality determined. It is, as it were, the unity of our natural chronology. Now, it is observed, that the more the end of those periods coincides with the conclusion of the day, the more is the pulsation accelerated; and a feverish state is produced, or the so called evening fever, to which every man is subject. The accession of new chyle to the blood, may, in all probability, contribute something towards this fever, though it is not the only cause; for we find it in sick people, who have neither eat nor drunk. It is more owing, without doubt, to the absence of the sun, and to that revolution in the atmosphere

which is connected with it. This evening fever is the reason why nervous people find themselves more fit for labour at night than during the day. To become active, they must first have an artificial stimulus; and the evening fever supplies the place of wine. But one may easily perceive that this is an unnatural state; and the consequences are the same as those of every simple fever; lassitude, sleep, and a crisis, by the perspiration which takes place during that sleep. It may with propriety therefore be said, that all men, every night, have a critical perspiration, more perceptible in some, and less so in others, by which whatever useless or pernicious particles have been imbibed by our bodies, or created in them, during the day, are secreted and removed. This daily crisis, necessary to every man, is particularly requisite for his support; and the proper period of it is when the fever has attained to its highest degree, that is, the period when the sun is in the nadir, consequently midnight. What do those, then, who disobey this voice of nature, which calls for rest at the above period, and who employ this fever, which should be the means of secreting and purifying our juices, to enable them to increase their activity and exertions. By neglecting the critical period, they destroy the whole crisis, of so much importance, and, though they go to bed towards morning, cannot certainly obtain, on that account, the full benefit of sleep, as the critical period is past. They will never have a perfect, but an imperfect crisis; and what that means is well known to physicians. Their bodies also will never be completely purified. How clearly is this proved by the infirmities, rheumatic pains, and swollen feet, the unavoidable consequences of such lueubration!

Besides, the eyes suffer more by this custom; for one labours then the whole summer through with candle light, which is not necessary for those who employ the morning. And, lastly, those who spend the night in labour, and the morning in sleep, lose that time which is the most beautiful and the best fitted for labour. After every sleep we are renovated in the properest sense of the word; we are, in the morning, always taller than at night; we have then more pliability, powers, and juices; in a word, more of the characteristics of youth; while, at night, our bodies are drier and more exhausted, and the properties of old age then prevail. One, therefore, may consider each day as a sketch, in miniature, of human life, in which the morning represents youth; noon, manhood; and evening, old age. Who would not then employ the youthful part of each day for labour, rather than begin his work in the evening, the period of old age and debility? In the morning, all nature appears freshest and most engaging; the mind at that period is also clearest, and

possesses most strength and energy. It is not, as at night, worn out and rendered unequal, by the multifarious impressions of the day, by business and fatigue; it is then more original, and possesses its natural powers. This is the period of new mental creation, of clear conceptions, and exalted ideas. Never does man enjoy the sensation of his own existence so purely and in so great perfection as in a beautiful morning. He who neglects this period, neglects the youth of his life!

All those who attained to a great age were fond of early rising; and *John Wesley*, the founder of a particular methodistical sect, an original and singular man, was so convinced of the necessity of this custom, that he made it a point of religion to get up early, and by these means lived to the age of eighty-eight. His motto, which, as a true maxim of life, I shall here recommend, was

To go early to bed, and early to rise,
Will make a man healthy, wealthy, and wise.

HARD DRINKING PRODUCTIVE OF SPONTANEOUS COMBUSTION.

Some readers may have made the remark, that the face of particular drunkards, at certain times, appears as much like a burning coal as any thing can well be conceived. It was probably a face of this kind that suggested Shakspeare's description of Bardolph's nose.

We read in the transactions of Copenhagen, that in 1692, a woman of the lower class, who for three years had used spirituous liquors to such excess that she would take no other nourishment, having sat down one evening on a straw chair to sleep, was consumed in the night time, so that next morning no part of her was found but the skull, and the extreme joints of the fingers; all the rest of her body, says Jacobaeus, was reduced to ashes.

The following extract of the memoir of Bianchini, is taken from the Annual Register for 1763. The Countess Cornelia Bandi, of the town of Cessena, aged 62, enjoyed a good state of health. One evening, having experienced a sort of drowsiness, she retired to bed, and her maid remained with her till she fell asleep. Next morning when the girl entered to awaken her mistress, she found nothing but her remains, in a most horrid condition. At the distance of four feet from the bed was a heap of ashes, in which could be distinguished legs and arms untouched. Between the legs lay the head, the brain of which, together with half the posterior part of the cranium, and the whole chin, had been consumed; three fingers were found in the state of a coal; the rest of the body was

reduced to ashes, and contained no oil ; the tallow of two candles was melted on a table, but the wicks still remained, and the feet of the candlesticks were covered with a certain moisture. The bed was not damaged, the bed clothes and coverlid were raised up and thrown on one side, as is the case when a person gets up. The furniture and tapestry were covered with a moist kind of soot, of the colour of ashes, which had penetrated into the drawers and dirtied the linen. This soot having been conveyed to a neighbouring kitchen, adhered to the walls and the utensils. A piece of bread in the cupboard was covered with it, and no dog would touch it. The infectious odour had been communicated to other apartments. The Annual Register states, that the Countess Cessena was accustomed to bathe all her body in camphorated spirit of wine.

An instance of the like kind is preserved in the same work, in a letter of Mr. Wilmer, surgeon :—" Mary Clues, aged fifty, was much addicted to intoxication. Her propensity to this vice had increased after the death of her husband, which happened a year and a half before ; for about a year, scarcely a day had passed in the course of which she did not drink at least half a pint of rum or anniseed water. Her health gradually declined, and about the beginning of February, she was attacked by the jaundice, and confined to her bed. Though she was incapable of much action, and not in a condition to work, she still continued her old habit of drinking every day, and smoking a pipe of tobacco. The bed in which she lay, stood parallel to the chimney of the apartment ; the distance from it was about three feet. On Saturday, the 1st of March, she fell on the floor, and her extreme weakness having prevented her from getting up, she remained in that state till some one entered and put her to bed. The following night she wished to be left alone ; a woman quitted her at half past eleven, and, according to custom, shut the door and locked it. She had put on the fire two large pieces of coal, and placed a light in a candlestick on a chair, at the head of the bed. At half after five in the morning, a smoke was seen issuingⁿ through the window, and the door being speedily broke open, some flames which were in the room were soon extinguished. Between the bed and the chimney, were found the remains of the unfortunate Clues ; one leg and a thigh were still entire, but there remained nothing of the skin, the muscles, and the viscera. The bones of the cranium, the breast, the spine, and the upper extremities, were entirely calcined, and covered with a whitish efflorescence. The people were much surprised that the furniture had sustained so little injury. The side of the bed which

was next to the chimney, had suffered the most; the wood of it was slightly burnt, but the feather bed, the clothes, and covering, were safe. I entered the apartment about two hours after it had been opened, and observed that the walls and every thing in it were blackened; that it was filled with a very disagreeable vapour; but that nothing except the body exhibited any strong traces of fire."

This instance has great similarity to that related by Vicq d' Azyr, in the *Encyclopædiæ Methodique*, under the head "Pathologic Anatomy of Man." A woman about 50 years of age, who indulged to excess in spirituous liquors, and got drunk every day before she went to bed, was found entirely burnt and reduced to ashes. Some of the osseous parts only were left, but the furniture of the apartment had suffered very little damage. Vicq d' Azyr, instead of disbelieving this phenomenon, adds, that there have been many other instances of the like kind.

The transactions of the Royal Society of London present also an instance of human combustion no less extraordinary. It was mentioned at the time it happened in all the Journals; it was then attested by a great number of eye-witnesses, and became the subject of a great many learned discussions. Three accounts of this event, by different authors, all nearly coincide. The fact is related as follows: "Grace Pitt, the wife of a fishmonger of the parish of St. Clement, Ipswich, aged about 60, had contracted a habit, which she continued for several years, of coming down every night from her bed-room, half-dressed, to smoke a pipe. On the night of the 9th of April, 1744, she got up from bed as usual. Her daughter, who slept with her, did not perceive she was absent till next morning when she awoke, soon after which she put on her clothes, and going down into the kitchen, found her mother stretched out on the right side, with her head near the grate; the body extended on the hearth, with the legs on the floor, (which was of deal,) having the appearance of a log of wood, consumed by a fire, without apparent flame. On beholding this spectacle, the girl ran in great haste and poured over her mother's body some water, contained in two large vessels, in order to extinguish the fire; while the foetid odour and smoke which exhaled from the body, almost suffocated some of the neighbours who had hastened to the girl's assistance. The trunk was, in some measure, incinerated, and resembled a heap of coals covered with white ashes. The head, the arms, the legs, and the thighs, had also participated in the burning. This woman, it is said, had drunk a large quantity of spirituous liquor in consequence of being overjoyed to hear that one of her daughters had returned from Gibraltar.

There was no fire in the grate, and the candle had burnt entirely out in the socket of the candlestick, which was close to her. Besides, there were found near the consumed body, the clothes of a child and a paper skreen, which had sustained no injury by the fire. The dress of this woman consisted of a cotton gown.

Le Cat, in a memoir on spontaneous burning, mentions several other instances of combustion of the human body. "Having," says he, "spent several months at Rheims, in the years 1724, and 1725, I lodged at the house of Sicur Millet, whose wife got intoxicated every day. The domestic economy of the family was managed by a pretty young girl, which I must not omit to remark, in order that all the circumstances which accompanied the fact I am about to relate, may be better understood. This woman was found consumed on the 20th of February 1725, at the distance of a foot and a half from the hearth in her kitchen. A part of the head only, with a portion of the lower extremities and a few of the vertebræ, had escaped combustion. A foot and a half of the flooring, under the body, had been consumed, but a kneading-trough and a powdering-tub, which were very near the body, sustained no injury. M. Chriteen, a surgeon, examined the remains of the body with every judicial formality. Jean Millet, the husband, being interrogated by the judges who instituted the inquiry into the affair, declared, that about eight in the evening on the 19th of February, he had retired to rest with his wife, who not being able to sleep, had gone into the kitchen, where he thought she was warming herself; that, having fallen asleep, he was awakened about two o'clock with an infectious odour, and that having run to the kitchen, he found the remains of his wife in the state described in the report of the physicians and surgeons. The judges having no suspicion of the real cause of this event, prosecuted the affair with the utmost diligence. It was very unfortunate for Millet that he had a handsome servant maid, for neither his probity nor innocence was able to save him from the suspicion of having got rid of his wife by a concerted plot, and of having arranged the rest of the circumstances in such a manner as to give it the appearance of an accident. He experienced, therefore, the whole severity of the law; and though, by an appeal to a superior and very enlightened court, which discovered the cause of the combustion, he came off victorious, he suffered so much from uneasiness of mind, that he was obliged to pass the remainder of his melancholy days in an hospital.

The multiplicity and uniformity of these facts, which occurred in different places, and were attested by so many enlightened men, carry with them conviction; they have such a real-

tion to each other, we are inclined to ascribe them to the same cause. 1st. The persons who experienced the effects of this combustion, had for a long time made an immoderate use of spirituous liquors. 2nd. The combustion took place only in women. 3rd. These women were far advanced in life. 4th. Their bodies did not take fire spontaneously, but were burnt by accident. 5th. The extremities, such as the feet and hands, were spared by the fire. 6th. Water sometimes, instead of extinguishing the flames which proceeded from the parts on fire, gave them more activity. 7th. The fire did very little damage; and often spared the combustible objects, which were in contact with the human body at the moment when it was burning. 8th. The combustion of the bodies left, as a residuum, fat foetid ashes, with an unctuous, stinking, and very penetrating soot.

DR. KITCHINER ON CARVING.

Ceremony, does not in any thing, more commonly, and completely triumph over comfort than in the administration of *the honours of the table*. Those who serve out the loaves and fishes seldom seem to understand, that he is the best carver, who fills the plates of the greatest number of guests in the least portion of time.

To effect this, *fill the plates and send them round*, instead of asking each individual if they choose soup, fish, &c., or what particular part they prefer, for as they cannot all be choosers, you will thus escape making any invidious distinctions. A dexterous carver, especially if he be possessed with that determined enemy to ceremony and sauce, a keen appetite, will help half a dozen people in half the time, one of your would-be-thought polite folks wastes in making civil faces, &c., to a single guest.

It would save a great deal of time, &c., if poultry, especially large turkeys and geese, were sent to table ready cut up.

Fish that is fried should be previously divided into such portions as are fit to help at table.

A prudent carver will cut fair; and observe an equitable distribution of the dainties he is serving out, and regulate his helps by the proportion which his dish bears to the number he has to divide it amongst, taking into this reckoning the *quantum* of appetite the several guests are presumed to possess.

Study their geniuses, caprices, *gout*;
 They, in return, may haply study you;
 Some wish a pinion, some prefer a leg,
 Some for a merry-thought or sides-bone beg.
 The sides of fowls, then slices of the round,
 The trail of woodcock, of codfish the sound.
 Let strict impartiality preside;
 Nor freak, nor favour, nor affection guide.

From the BANQUET.

The guest who wishes to ensure a hearty welcome, and frequent invitation to the board of hospitality, may calculate that the easier he is pleased, the oftener he will be invited ; instead of unblushingly demanding of the fair hostess that the prime *tit-bit* of every dish be put on his plate, must receive, if not with pleasure, or even content, with the liveliest expressions of thankfulness whatever is presented to him ; and let him not forget to praise the cook, and the same shall be reckoned unto him even as the praise of the mistress.

The invalid or the epicure, when he dines out, to save trouble to his friends, may carry with him a portable MAGAZINE OF TASTE. If he does not like his fare, he may console himself with the reflection, that he need not expose his mouth to the like mortification again. Mercy to the feelings of the mistress of the mansion, will forbid his then appearing otherwise than absolutely delighted with it, notwithstanding it may be his extreme antipathy. If he likes it ever so little, he will find occasion to congratulate himself on the advantage his digestive organs will derive from his making a moderate dinner, and consolation from contemplating the double relish he is creating for the following meal, and anticipating the (to him) rare and delicious zest of that best sauce, good appetite, and an unrestrained indulgence of his gormandizing fancies at the chop-house he frequents.

Never intrust a *cook teaser* with the important office of earver, or place him within reach of a *sauce-boat*. These chop-house cormorants, who

Critique your wine, and analyze your meat,
Yet on plain pudding deign at home to eat,

are, generally, tremendously officious in serving out the loaves and fishes of other people ; for, under the notion of appearing exquisitely amiable, and killingly agreeable to the guests, they are ever on the watch to distribute themselves the dainties which it is the peculiar part of the master and mistress to serve out, and is to them the most pleasant part of the business of the banquet ; the pleasure of helping their friends is the gratification, which is their reward for the trouble they have had in preparing the feast ; such gentry are the terror of all good housewives ; to obtain their favourite cut they will so unmercifully mangle your joints, that a dainty dog would hardly get a meal from them after ; which managed by the considerate hands of an old housekeeper, would furnish a decent dinner for a large family.”—Vide “ *Almanach des Gourmands*.”

I once heard a gentle hint on this subject, given to a *blue*

mould fancier, who, by looking too long at a stilton cheese, was at last completely overcome, by his eye exciting his appetite, till it became quite ungovernable; and unconscious of every thing, but the *mity* object of his contemplation, he began to pick out in no small portions, the primest parts his eye could select from the centre of the cheese.

The good-natured founder of the feast, highly amused at the ecstasies each morsel created in its passage over the palate of the enraptured *gourmand*, thus encouraged the perseverance of his guest: “cut away my dear sir, cut away, use no ceremony, I pray; I hope you will pick out all the best of my cheese; *don't you think that the rind and the rotten will do very well for my wife and family?*”

Half the trouble of waiting at table may be saved, by giving each guest, two plates, two knives and forks, two pieces of bread, a spoon, a wine glass and a tumbler, and placing the wines and sauces, and the Magazine of Taste, 463, &c., as a *dormant*, in the centre of the table; one neighbour may then help another.

Dinner tables are seldom sufficiently lighted or attended; an active waiter will have enough to do, to attend upon half a dozen active eaters; there should be half as many candles as there are guests, and their flame be about eighteen inches above the table; our foolish modern pompous candelabras seem intended to illuminate the ceiling, rather than to give light on the plates.

ON CROUP IN INFANTS. By PROFESSOR HAMILTON,
OF EDINBURGH.

The true croup is preceded, commonly for some days, and always for a day or two, by a hoarse cough; but the first symptom that proves alarming, to one unacquainted with the disease, is a difficulty of breathing, which comes on towards night. The breathing is very difficult, and in many instances so noisy, that it can be heard at the distance of several yards. After this state of the breathing is observed, the fits of coughing become more frequent, and have a very peculiar sound, resembling the loud crowing of a roopy cock. Generally, the coughing occurs in redoubled fits, the second fit being more violent than the first. Some viscid phlegm is forced up by the cough; but it reaches no farther than the mouth; being retracted when the cough ceases.

If the countenance of the child be examined at this time, it will be found flushed and swelled, in a degree proportioned to the constitution of the individual; consequently, in some cases

the eyes appear bloodshot, watery, and swelled as it were, and the whole face is very red, except that round the mouth there is an evident whiteness; but in other cases, there are only watery eyes, and an obscure blush over the face, with a slight paleness round the mouth.

The child sleeps during the intervals between the fits of coughing; but there is no material alteration in the state of breathing while he is asleep. Those in whom the face is very much flushed, seem overpowered by a heavy sleep, from which they are roused only by the violent fits of coughing. Food and drink are readily swallowed without difficulty, and the natural evacuations go on as usual.

In proportion as the disease continues, the fits of coughing return more frequently, and are attended with an uncommon degree of agitation throughout the whole frame; and in some cases the breathing becomes more and more noisy. In one case, which the author attended some time ago, convulsions or convulsive startings followed every fit of coughing. At last the appearance of the countenance changes, the lips growing livid, the pallidness round the mouth becoming more striking, and the whole face turning of a leaden hue. Where the event proves fatal, it commonly seems occasioned by a fit of suffocation; and this often happens quite unexpectedly to the attendants.

During the whole course of the disease, the child is extremely fretful; but when irritated, he seldom cries for any length of time. This appears to arise partly from the uneasiness in breathing, being aggravated by the fits of crying, and partly from his being unable to direct his attention to any object whatever, above a few minutes at a time.

The progress of the disease is very different in different cases, for it sometimes runs through its course in twenty-four hours, and sometimes it is protracted to the tenth day, or even later. The progress seems to correspond with the frequency and violence of the fits of coughing.

When a child recovers from this disease, it continues for some time extremely liable to a return of the disorder; and if a second attack should occur within a few days from the cessation of the former, there is very great risk of its proving suddenly and rapidly fatal.

The true croup occurs only during cold damp weather, except in marshy places, where it is apt to happen at any time when a foggy state of the atmosphere prevails. The ordinary subjects of the disease are those children who have enjoyed the best

health ; and the most common period of life at which it takes place, is from the fifth month to the fifth or sixth year.

Inflammation of the membrane which lines the wind-pipe, is the immediate cause of this disease. In consequence of this, matter is formed, which concretes, and chokes up the passage to the lungs. This concreted matter has been on some rare occasions thrown off by vomiting, and has relieved the child from threatening suffocation. Some practitioners have supposed the disease to be contagious, because two or three children in the same family have fallen victims to it within a few days. They have overlooked, that in such cases all the children had been exposed to the same exciting cause, viz. a damp and cold state of the atmosphere. The proof that this is the sole exciting cause is, that the disease never occurs in any other condition of the air ; and it is a curious and instructive fact, that in proportion to the dampness of the atmosphere, is the violence of the disease. Thus in Leith it is more severe than Edinburgh, and in some marshy districts it is much more violent than in Leith.

There is an affection resembling this disease, which may be styled *spurious croup*, and which is very analogous to the asthma of grown people. It comes on suddenly, without any previous indisposition, in the form of very difficult breathing, occasioning fits of croupy coughing, unaccompanied with the appearance of tough phlegm in the throat or mouth. The countenance is little altered during this affection ; and, during the fits of coughing, there is not that excessive agitation which is so strongly marked in the true croup.

Spurious croup affects delicate, much more frequently than robust children, and occurs during any state of the weather. Its duration is, in general, limited to a few hours ; and in many instances it ceases entirely for many hours, or even for a day or two, and then recurs, so that a child may have several attacks within a short time. There can be no doubt that the spurious croup has on some very rare occasions proved fatal ; but in general it is unattended with danger. It seems to arise from a spasmodic affection of the wind-pipe, and is often a sympathetic disease arising from some disorder of the stomach or bowels. As it is extremely difficult in some cases to distinguish, at the beginning, the true, from the spurious croup, it is a fortunate circumstance that the following method of treatment is applicable to both diseases :—

Immediately upon the attack, the child must be put into a tub of water, heated to the ninety-sixth or ninety-eighth degree of Fahrenheit's thermometer, (that is, to the degree which the hand immersed in it can easily bear) or must be wrapped up in

a blanket wrung out of hot water. Whether the bath or the fomentation be employed, it ought to be continued for at least ten minutes; and then the child should be carefully rubbed dry, wrapped up in warm flannel and put to bed.

A dose of calomel is now to be given, and repeated every hour till the breathing be evidently relieved, when it is to be gradually discontinued, allowing at first, two, then three, and finally four or five hours to intervene between each dose, according to the state of the symptoms. This medicine commonly occasions both vomiting and purging; and in true croup, the first alleviation of symptoms generally follows the discharge of a great quantity of dark green-coloured matter (like boiled spinach) by stool. But if the attack have been that of spurious croup, the difficulty of breathing ceases after vomiting has occurred, in which case that medicine is to be instantly discontinued.

If the disease, by its obstinacy, evidently prove to be the true croup, in all cases where the symptoms are violent, bleeding, either from the jugular vein, or by means of a great number of leeches, and the application of a blister to the breast, are to be had recourse to, and the calomel is to be persevered in.

The dose of calomel is to be regulated principally by the age of the little patient. During the first year, it should be from one to two grains; during the second, two grains and a half; during the third and fourth years, from three to four grains; and during the fifth and sixth, from four to five grains. It may be given mixed with a little sugar, as a dry powder, or it may be mixed with currant jelly, or honey, or treacle, or pottage, or panada, or light pudding, or with any thing which is thick: but it cannot be given in drink.

During the course of the disease, nothing else than liquids ought to be allowed to the child. These should consist of cow milk whey, very weak tea, thin barley gruel, fig tea, apple tea, milk and water, or toast and water. It may be unnecessary to remark, that if the infant be not weaned, nothing but the nurse's milk should be given. The room in which the little sufferer is placed, ought to be kept moderately warm, and should be in the most elevated floor of the house.

When the disease has begun to yield to this treatment, nourishment, suited to the habits and circumstances of the infant is to be exhibited in small quantities, and often repeated. In some cases, considerable weakness remains after the crouping has ceased, in consequence, partly of the violence of the symptoms, and partly of the operation of the calomel. Under such circumstances, cordials, particularly weak white wine whey,

and a blister to the breast, become necessary. But if proper attention have been paid to the precaution of lessening the number of doses of calomel, whenever the disease is in the least alleviated, the ordinary health of the child will be found restored within a very short time after the symptoms of croup have disappeared.

The practice of giving calomel in this disease, was first adopted by the American practitioners, but for some years after the author entered on his professional duties, he was unwilling to sanction this plan, having seen several cases, where calomel was trusted to, prove rapidly fatal. He was at last, however, about twenty years ago, induced to give it a fair trial, at the recommendation of an old pupil, now dead, and was surprised and gratified by the result of the practice. He had reason, indeed, to be convinced, that the practitioner alluded to had employed it by mistake in cases of spurious croup only, for he had asserted that it cured the disease, though repeated not more frequently than evening and morning, and though it produced no sensible operation. The author found, by exhibiting it in the manner described, that it rendered blood-letting unnecessary, and it seemed so very successful, that in the course of twelve years, it failed in no more than three cases, and in those instances it had no effect whatever on the bowels.

But calomel alone is only useful in mild degrees of the disease; and in all *violent cases*, bleeding ought to be had recourse to, and to be repeated according to circumstances, and calomel should then be employed as an auxiliary.

PHILOSOPHY OF THE HAIR.—No. 10.

When cold is applied to the skin of the arms and other limbs, or when a sense of coldness arises in fever, or from pain in the bowels, the skin puts on the appearance which is called goose-skin; in which we see the bulbs of the hairs grow prominent, and the hairs move and become erect. A similar effect is produced on these parts of the skin, by certain mental affections, as fear and horror. He who has experienced these emotions, is well acquainted with the thrilling feel which they cause on the skin, especially of the scalp; and will scarcely think incredible the description of the effects of fear, by the Roman poet, or that still more sublime picture of the oriental bard. According to traditionary report, a similar effect has occurred with regard to the beard on the upper lip, or mustachios, which are said to have curled from anger.

The hair in infants newly born, is generally of a dark colour. As they grow older, it often becomes nearly white; but in most

of these examples, as age advances, it changes to different shades of brown, or even becomes black. The colour usually agrees with that of the iris. It is white in those persons who are called Albinos; in whom the iris is of a red colour, in consequence of the total want of the pigmentum. A similar coincidence is observable in rabbits and other animals when quite white.

The colouring matter of the hair has been recently discovered to reside in an oil, intimately mixed with its substance, but separable by certain chemical processes.

It usually happens that as persons advance in years, the hair is gradually mingled with some which are perfectly white; till, at last, all the coloured hairs are superseded by those which are colourless. This change occurs at different periods of life, sometimes beginning at twenty-five or twenty-six; while in most cases it does not commence till about forty, and, in some rare instances, scarcely takes place at all, even in old age. In a black-haired female of our own family, sixty-four years old, there was but one small lock of white hair; while in a female child of seven, whose hair was of a middle shade of brown, and very thick, there was, and has still continued, on the fore part of the head a pretty large lock of hair perfectly white, notwithstanding no eruption, or any other disease of the skin, had ever, either accidentally or spontaneously, affected that part. We do not know that any one colour of hair renders it more liable than another to undergo this change to whiteness; which does not usually occur in the beard, or elsewhere, till long after it has affected the hair of the head.

What causes tend to accelerate or retard this change it is difficult to say. Some persons contend, we know not with what justice, that it is promoted by the use of hair powder, and retarded by frequently imbuing the hair with greasy substances. Exposure to sun and air certainly gives it a russet hue; but this is very different from the whiteness or want of colour which I have been noticing. Certain diseases of the skin will certainly produce this effect; for on the back, sides, and knees of dark-coloured horses, where the skin has been rubbed off by the saddle, the spur, or in consequence of falls, we often see the new growth of hair perfectly white. Cold, when in an extreme degree, produces a similar effect on the hair of various quadrupeds, and the feathers of birds; but whether by a change on those parts already existing, or by the substitution of new ones, is not, so far as we know, hitherto ascertained. The former change may be readily admitted, if we credit various accounts given by authors, with a considerable force of attestation, of persons whose hair, in consequence of extreme fear, has become white

in a very short time, and even a single night. We have ourselves recently attended a lady, somewhat more than forty years of age, of a most amiable disposition; and stedfast regard to truth, who solemnly assured us that, in consequence of deep affliction for the loss of a much loved husband, her hair, which was of a dark colour, in the course of six weeks became grey, from the admixture of an equal number of white hairs, apparently of the same length as the other filaments. This, therefore, seems to have been by a change on the filament itself, when already fully formed.

The fact being once admitted that mental affections are capable of working this effect on the hairs, it must inevitably follow, that, however void of organization these appendages may appear to our senses, they must have a complicated apparatus of circulation, secretion, and excretion, somewhat similar to what is discoverable in most other parts of the living animal machine. The rule that parity of function implies parity of structure may be safely admitted with regard to the animal economy; and we can as readily conceive a mental emotion in ourselves to change the colour of the garments which we wear, as that it should influence that of our hairs, were they merely dead, inorganized appendages to our frame. Of this change by internal organization, it is a strong additional evidence, that we never see whiteness beginning at the root of the hair, and gradually proceeding to the other extremity; which must be the case, if the growth and constitution of hair depended on mere mechanical opposition and protrusion from the root.

Much information on this subject might be derived from an accurate investigation of that disease of the hair called *plica polonica* in which it seems as if the vessels of that substance carried red blood. As this, however, is a disease which has never been witnessed in England, and, so far as I know, has not been scrutinized by any good pathologist, any inference from its supposed nature must be hitherto merely conjectural. There can be little doubt that the accounts which we have received of the growth of the hair after death are altogether fabulous.

It is no weak confirmation of a circulation pervading the filaments of hair, that, when suffered to grow very long, they are apt to split at their outward extremities; and that, on the contrary, when often cut, or shaved, as in the beard, they become proportionally large and strong.

NEW ARTIFICIAL NOSE.

Mr. Snell, an ingenious Surgeon-dentist, of London, has invented an artificial nose, which can be fixed without the aid of

spectacles and other clumsy devices, hitherto indispensable. In the case of an officer in the army, who has lost a great part of his nose, Mr. Snell first took a correct model of the defective parts, which was cast in brass, and upon which a thin gold plate was accurately fitted, in the manner generally adopted by jewellers. To the inner surface of this plate, at that part which was to form the partition of the nostrils, were soldered three pieces of gold wire, which terminated, each by a small flat plate, pierced with holes, for the purpose of sewing to its outer surface a covering of Indian rubber. These gold wires were rendered highly elastic.

Upon the outer side of the principal plate was next fitted a piece of ivory, so as entirely to cover it; the extreme edge of the ivory was then carried to the exact shape and fashion of such a nose as appeared most likely to be suitable for the size and contour of the face for which it was intended; the under part being hollowed out to form the nostrils, rendering it very light and thin. The gold and bone were now rivetted to each other, firmly, by small gold pins. The artificial nose was then placed in its situation and an artist coloured it in oil, exactly to resemble the surrounding parts, both in colour and character.

The nose was held in its position upon the face by three elastic wires. The two lower ones, having a tendency to press outwards during confinement, pressed against the sides of the nostrils. The upper spring, having a similar tendency, pressed against the upper roof of the nostril. The Indian rubber was used for defending the parts from the effects of the pressure of the springs. The artificial nose, therefore, might be put on or off at pleasure with the greatest facility.

BEST METHOD OF USING A RAZOR IN SHAVING.

The proper method of using a razor can be acquired only by practice. But a little previous consideration of a few particulars will facilitate the acquisition of it. Before the razor is applied to the face, that part of the skin, the hair of which is to be shaved first, should be stretched tightly by the fingers of the left hand. This fixes the hair, and prevents it from so easily escaping the edge of the instrument. When this is done, the razor should be applied to the skin in a flat position, and with a very small degree of pressure. The direction, which it will then assume, will be such as to enable it to attack the hair at the root, and most quickly to produce the desired effect. Indeed, it is impossible to remove the beard completely, without adopt-

ing either this method, or a very bad one which we shall soon mention. For if the razor is not pressed, in some degree on the skin, the hair will bend down before it's edge, and the operation may be repeated, with little effect on the beard, till the skin is completely fretted.

Another method of applying a razor, and of which the most distinguished advocate is Mr. Savigny, is to raise the back of the razor, in a small degree, from the skin, and, *in this manner*, enable it to attack the hair at the root. That it will do so in this direction, is admitted; but a little consideration will enable any one to perceive that the stroke of the razor (and this is of some consequence,) will be much shorter, that the difficulty of the operation, and the injury which the edge of the instrument receives will be much greater, and the skin much more fretted by this method of shaving than by that which we have before recommended. That the method alluded to cannot, on account of the nature of the surface, be adopted in all parts of the operation, is true; but it is true, also, that, where it can be adopted, experience has fully assigned to it the advantages we have enumerated. The reader will recollect that, when the hair is removed from the lower part of his cheek, the sensation is less unpleasant than when it is removed from the upper lip, for example; and a little reflection on it's cause will convince him of the propriety of adopting the method we recommend, (and which is practised by most of those persons who gain their livelihood by shaving) wherever it can be adopted. In one case, the razor acts on the principle which we have endeavoured to establish; in the other, on that which appears to us a bad one.

We then proceed to point out another defect in the management of a razor, which is very general, and which very much diminishes the power of the instrument. This is the custom of directing the edge in a straight line towards that part of the beard on which it is intended to operate, instead of drawing it obliquely down during the time of it's being pushed forwards. The consequence of this method is, that one part only of the edge is brought to bear on the object; whereas, the principle on which the instrument is formed is that of cutting, not by the direct application of weight or force, but by the quick succession of it's teeth in the same direction, and over the same part of the substance. But this matter has been so fully illustrated in the first section of this treatise, that I conceive it sufficient to direct those, who are not aware of the importance of the error which I have pointed out, to the re-consideration of what I have there advanced. In connexion, however, with this subject, we must detain the reader a little longer to remark to him the superiority

which, in this view of the matter, the method of strapping we have recommended has over every other method. If, indeed, it was right to expect a razor to cut by the direct application of it's edge to the object, and not by the quick succession of it's points on the same substance, the method of drawing the razor straightly from one end of the strap to the other (a rule laid down by those who have but little knowledge of the art, and practised with submissive thoughtlessness by a considerable part of the public,) would be, theoretically and practically, the best. If, too, it was, in general, practicable to direct the razor upwards during the operation of shaving, the general practice of drawing it across the strap, from the shoulder to the point, would, consequently, be well founded. Indeed, we think that those who are the firm defenders of this mode of strapping a razor should avow themselves the determined champions of the corresponding method of using it.—But, if, from a consideration of the nature of the instrument and the principle of it's operation, our readers are convinced that it's power of cutting is increased by the quick succession of it's teeth on the same substance, and by their meeting it instead of attacking it sideways, they will perceive, likewise, that, when they are formed downwards, and when the instrument itself is drawn down obliquely during the time of it's being pushed forward, these points or teeth will, most easily and most advantageously, be brought to bear on the object; and, of course, that directing the razor obliquely across the strap, from the point to the shoulder, is the proper method of strapping it. These circumstances are as links of the same chain; and those persons, who admit the truth of the premises, must admit, likewise, the justness of the conclusion.

When the operation of shaving is finished, the instrument should be wiped dry, and strapped a little, that no rust may be formed on it's edge. In any other part of its surface, a little rust will affect only it's appearance; in this, it will considerably lessen it's power of cutting.

In washing the face after shaving, cold water, as contributing most to strengthen the skin, is most proper.

EMINENT EARLY RISERS.

As early rising is favourable to health, to study, to business, and to devotion, our readers will not be surprised that most of the men whose names have been handed down to us as illustrious, in civil or sacred history, were early risers.

It is related of king Alfred, that he divided the day into four parts, which he measured by the burning of tapers. One part

he devoted to sleep—one part he employed in the cares of the government—another part he dedicated to the cultivation of the fine arts—and the fourth he devoted to religion.

The celebrated Dr. Doddridge mentions, in his *Family Expositor*, that it is to his habit of early rising that the world is indebted for nearly the whole of his valuable works.

Sir Thomas More remarks, in his preface to the *Utopia*, that he completed the work by stealing time from his sleep and meals. He made it his invariable practice to rise at four; and he appeared so well satisfied of the excellence of the habit, that he represents the Utopians as attending public lectures every morning before day-break.

The well known Bishop Burnet was a habitual early riser. When at College, his father aroused him to his studies every morning at four o'clock, and he continued the practice during the remainder of his life.

Bishop Horne, also, closes his very excellent version of the Psalms, by saying:—"Could the author flatter himself that any one would take half the pleasure in reading the following exposition, which he hath taken in writing it, he would not fear the loss of his labour. The employment detached him from the bustle and hurry of life, the din of politics, and the noise of folly; vanity and vexation flew away for a season, care and disquietude came not near his dwelling. *He arose fresh as the morning to his task*; the silence of the night invited him to pursue it; and he can truly say, that food and rest were not preferred before it. Every Psalm improved infinitely upon his acquaintance with it; and no one gave him uneasiness but the last; for then he grieved that his work was done. Happier hours than those which have been spent in these meditations on the songs of Zion, he never expects to see in this world. Very pleasantly did they pass, and moved smoothly and swiftly along; for when thus engaged, he counted no time. They are gone, but have left a relish and a fragrance upon the mind; and the remembrance of them is sweet."

"I spent," says Dr. Paley, when giving an account of the early part of his life at College, "the two first years of my under graduateship happily but unprofitably. I was constantly in society, where we were not immoral, but idle and expensive. At the commencement of the third year, after having left the usual party at a late hour, I was awakened at five in the morning by one of my companions, who stood at my bedside, and said, 'Paley I have been thinking what a fool you are. I could do nothing probably, if I were to try, and can afford the life you lead. You could do every thing, and cannot afford it. I have

had no sleep during the whole night on account of these reflections—and am now come solemnly to inform you that, if you persist in your indolence, I must renounce your society.’ I was so struck,” says the Doctor, “with the visit and the visitor, that I lay in bed great part of the day, and formed my plan. I ordered my bed-maker to lay my fire every morning, in order that it might be lighted by myself. I arose at five—read during the whole day—took supper at nine—went to bed—continued the practice up to this hour.” The consequence was, he became a *great man*.

It is recorded of Lord John Harvey, that, in those early hours when all around were hushed in sleep, he seized the opportunity of the quiet as the most favourable season for study, and frequently in this way spent a useful day before others began to enjoy it.

Dr. Adam, rector of the High School of Edinburgh, whose long life, to its very close, was spent in an unremitting course of labour for the public good, was an early riser. Indeed it was by means of his industrious habits, and the force of his talents, that he raised himself in life, and was finally exalted, by the universal suffrages of the learned world, to the enviable distinction of being one of the first Latin scholars, and the most indefatigable teacher of the age. It was his constant practice, for the whole Summer season, to rise at the early hour of five, and not unfrequently, when excited by any particular object or any formidable difficulty, even at four in the morning. His favourite haunt for meditation was on the summit of Arthur’s Seat, and the walks to which he was most attached lay in its vicinity. He frequently climbed the hill as an exercise before breakfast. Here he used to spend some of the happiest hours of his life; and in these morning walks were suggested several of his literary efforts which he reckoned most successful. Of these he particularized the important scheme for blending the study of Latin with English grammar, and the various and judicious additions which he made to the Summary of Geography, written by him. As a proof how favourable the morning hours are for study, it may be mentioned that Dr. Adam frequently felt his patience worn out by the harassing exertions he made in the completion of his work on Roman Antiquities, and would rise from his seat, in the afterpart of the day, with the determination never to attempt to write another book; yet, notwithstanding these sallies, he would rise with the sun the next morning, to prosecute his task with unabated vigour.

Volumes might be filled with the names and accounts of early risers. Bishop Jewel rose regularly at four;—Dr. Franklin

was an early riser;—Priestley was an early riser;—the great and learned lawyer and pious Christian, Sir Matthew Hale, studied sixteen hours a-day, and was an early riser;—Dr. Parkhurst, the philologist, rose regularly at five in Summer and six in Winter, and in the latter season he made his own fire.—Among the ancients, the worshippers of Baal, as is apparent from 1 Kings, xvi, 26, rose early to their devotions; while Homer, Horace, and Virgil, and many other poets, might also be mentioned.

How to learn the Habit of Early Rising.

It is a common complaint with *would-be* early risers that, after having formed the resolution in the most determined manner, and even after having acted upon it for a few mornings, they have insensibly returned to their habit of sleeping, and required a new stimulus to operate upon them. For two or three mornings they have risen earlier than their accustomed time—the novelty of the thing gave them pleasure—the morning air produced a liveliness and vivacity of spirit. Pleased with the conquest they had made, they imagined the point gained by a single effort, and they relaxed themselves in all the security of victory. In a few mornings the first impulse loses its original force—the stimulus subsides, and the novelty vanishes. The whole is succeeded by a good-natured, self-complacent assurance of success. The diminution of the usual quantity of sleep occasions a more than ordinary degree of drowsiness, and a desire to continue in bed. The consequence of all this is, they relapse at once into the old degeneracy, they become dispirited by their failure—and require a new energy to rouse them from their lethargy. Perhaps the best remedy for this is to conquer the habit by degrees. Instead of taking the fort by storm—instead of rising two hours earlier all at once—the much better way is to secure five minutes every morning, until we arrive at the hour which appears the most eligible for rising. In this way, the daily subtraction from sleep will be but trifling, and will occasion no drowsiness on the following morning, which the sudden change from eight to five must necessarily produce. This is certainly the sure and easy method of daily undermining an injurious habit and daily confirming a useful one. In this way, the pleasure of the victory is felt before we are conscious of having commenced the combat. In this way, the last day of each week will be half-an-hour longer than the first. In this way, at the termination of a month, we will have become early risers, with the additional advantage of having formed the habit in such a manner that there will be no danger of its being relin-

quished. The habit, having been originally formed by the repetition of single acts, must be overcome by a similar repetition of single acts. The first time we lay longer in bed than usual it was certainly an involuntary act—the next derived a sanction from having had a precedent—the third followed upon the authority of the other two—the fourth appeared natural;—and so they continued in succession till their frequency served to hide their odiousness. The knowledge of a disease is half its cure. The habit was gradually created—let it be gradually destroyed: it was formed by degrees, let it be broken off by degrees: it is not a stride but a succession of steps that conveys us from the foot to the top of a mountain.

While the practice of supplanting the evil habit by the better one is going on, the mind should be strengthened by the recollection of the long train of advantages to be acquired from the victory, and by an impression of the habitual persuasion of the importance of the endeavour. The mind, every night when we are going into bed, should be impressed with the indispensable necessity of rising early next morning. Immediately before falling asleep, a certain time at which to rise should be thought upon. A cursory view should be taken of the arguments we have stated in favour of the practice, and of the pernicious consequences resulting from a contrary line of conduct. The value of the smallest portion of time should be estimated. The regret which the loss of it occasions should be remembered. Recurrence might even be had, by anticipation, to the feelings of a death-bed. The carelessness and the security of health should be laid aside. The solemn fact of time being a talent of incalculable value, and of our being obliged to render an exact account of it, should be thought of, and the determination should every night be formed to spend it as we would wish it had been spent. We should also look back upon the countless hours already lost by us; and we should prove our penitence for their loss by the economical use of that which remains. We should accustom ourselves to think on the probability of our suddenly exchanging misimproved time for an eternity not too long to lament its profusion. By impressing such like sentiments on the mind, the incitement to early rising will continue till the practice becomes habitual, when there will be no necessity for recalling the reasons which led to it.

CRIME OF PROCURING ABORTION. BY PROFESSOR BECK.

We tread on dangerous ground, but we step boldly forward to crush (so far as our influence will go) the dangerous and

erroneous prejudices on this subject, which unhappily prevail to a great extent, among all ranks of society. We imagine that we are under the mark when we say that more than two thirds of all those unmarried females, who through imprudence or misfortune have become pregnant, usually endeavour to conceal their shame by recourse to drugs, supposed to be capable of causing miscarriage. In a case so important as this, we think it would be neglecting our duty not to sift, to the very bottom, every thing of this kind connected with the criminality of illegitimate mothers and their seducers or paramours, and not to mince the matter, as has often been done in books, for fear of the consequences, but to set down every thing plainly and openly, that those who thus tamper with life may see the certain effects of their measures.

Without reserve, then, we state that there is not known nor ever was, either in the regular profession of medicine, nor among quacks or midwives, any drug or combination of drugs, which will have the certain effect of procuring a miscarriage; and those who pretend that there are such things, do so with the knavish design of making money of the ignorant, or the benevolent one of amusing the criminal. We can easily foresee, that neither these ignorant persons nor those who are intent upon accomplishing their purpose, will give credit to our assertion; but we shall show you facts for its support that cannot be refuted. As we cannot get through so important a subject in one paper, we must confine ourselves, for the present, to one or two of the usual drugs given with the above design.

Cantharides.—This powerful drug, which is powdered blistering flies, is abused more ways than one for improper and criminal purposes, as we shall afterwards notice. It is given either in substance, or a tincture of it is made with spirits, which is the more dangerous that it can be concealed in beer, wine, or other liquor, and thus given without the knowledge of the person who takes it. Its effects, when taken in a large dose, are burning heat of the stomach, vomiting, more or less bloody, intolerable griping pains of the belly and bladder, great pain in making water, which is usually bloody. These distressing symptoms often end in delirium, convulsions, and death. Violent however as these effects are, there is not commonly produced any tendency to miscarriage when cantharides are given with that view, as is proved by the following case, among many others:—

Case.—Mr. Lucas, surgeon to the Leeds Infirmary, informs us that he was called to a woman who had taken about a drachm of powdered cantharides in order to bring on miscarriage; but though it produced frequent and violent vomiting, violent pains,

great desire to go to stool, painful and frequent making of water, and acute fever, which reduced her to such weakness as to endanger her life, yet no signs of miscarriage appeared, and about five months after she was delivered of a healthy child, come to the full time. The usual dose of powdered cantharides is half a grain or a grain, and of the tincture from ten drops to a tea-spoonful, and in these doses it may be given safely as a medicine in some complaints. This woman, however, took sixty doses at once, and yet she did not miscarry. We may be quite sure, therefore, that cantharides will not produce abortion.

Salts.—In some of the manufacturing districts, the use of large doses of Epsom or Glauber's salts, to procure abortion, is understood to be very common, and this is so much the worse that no danger is apprehended from what is esteemed so safe and so common a purgative as salts. This is a woeful error; for though in the usual doses salts are a safe enough purgative, yet in the enormous quantities used for procuring abortion, they become a violent poison, and often endanger or destroy the life of the mother, while the purpose for which they are thus taken is very rarely if ever accomplished. The greater number, indeed, of the drugs employed to produce miscarriage, are violent purgatives; and as their effect can only be secondary, it must be trifling indeed unless the dose be carried so far as to endanger the mother's life.

If salts, says Dr. Beek, are given in very large doses often repeated, and especially in the case of a woman naturally weak, irritable, and enfeebled by disease, there can be no question that miscarriage may be produced, though the death of the mother will be much more certain than the destruction of the child. On a healthy mother the salts will not tend to produce miscarriage.

To show you how uncertain the use of such means are, we have only to mention that the famous Dr. Rush, when attending pregnant women in yellow fever, gave very large doses of strong purgative medicines often repeated, and not one of them miscarried, not even a woman who had miscarried twice within the two or three years preceding, and might be reckoned disposed to it. This woman bore a healthy child three months after her recovery.

Blood-letting.—Dr. Rush, in speaking of the effects of *bleeding* in the yellow fever of 1793, asserts, that not one pregnant woman to whom he prescribed it died, or suffered abortion. In his defence of blood-letting, the same writer gives us the account of one woman whom he bled eleven times in seven days, during her pregnancy—of another, who was bled thirteen times, and of

a third, who was bled sixteen times, while in the same condition. All these women, he adds, recovered, and the children they carried during their illness were born alive and in good health. The foregoing facts, selected from a multitude of similar character, are abundantly sufficient to show the extent to which bleeding may be carried during pregnancy, without being attended with any injurious consequences to the child; and the effect must be the same, from whatever part of the body the blood may be drawn, whether from the arm or the foot. Still it is not to be denied, that when the constitution of the mother is naturally feeble and irritable, or has become much debilitated by disease, an injudicious loss of blood during pregnancy may prove fatal to the life of the child. In all cases, therefore, of this kind, every attendant circumstance should be duly considered, for the purpose of ascertaining the intention of the person who recommended it.

Savine—If given in sufficiently large doses, is a powerful poison. In the experiments made by Orfila on this article, it was found, in one instance, to destroy a dog in sixteen hours, and in another thirteen hours after it was administered. In the case of Miss Burns, for whose murder Mr. Angus was tried at Lancaster, in 1808, there is reason to believe, from the testimony offered, that savine oil had been administered to effect abortion. That it does not always succeed is evident from a case related by Foderé. In 1790, a poor imbecile and emaciated girl, in the duchy of Aoust, in the 7th month of her pregnancy, took from the hands of her seducer a glass of wine, in which there was mixed a large dose of powdered savine. She became so ill, that a report of it was made to the magistrate, who ordered Foderé to visit her. The patient stated to him, that on taking the drug she had felt a burning heat, accompanied with hiccup and vomiting. This was followed by a violent fever, which continued for fifteen days. By the use of cooling remedies, however, she recovered, and at the end of two months was safely delivered of a healthy child.

It has happened in some instances, that while the mother has lost her life in attempting to procure a miscarriage, the child has actually been born alive and survived. A case of this kind was witnessed by Foderé, in 1791. A cook, finding herself pregnant, and not being longer able to conceal it, swallowed an ounce of powdered cantharides, mixed with an ounce of sulphate of magnesia, in order to procure abortion. Some hours after, she was seized with violent colic, and brought forth a *living child*, in the most horrible pains. During the succeeding night she died.

It results therefore, from what we have said concerning the means of producing abortion :—1st. That all of them are *uncertain* in their operation upon the child ; 2d. That they always endanger the life of the mother ; and 3d. That they sometimes destroy the mother without affecting the child.

ON WATER-PIPES. BY A FOOTMAN.

When the winter begins to set in, cover the water-pipes with hay or straw bands, twisted tight round them. If it does not freeze at the time, let the hay or straw be wet, as it will twist tighter in that state, and it will soon get dry afterwards. This is highly necessary to be attended to ; for, if you are short of water in a gentleman's house, where there is so much wanted, you will find it very distressing and inconvenient, and particularly if you have to fetch it : therefore see to the pipes, and water-butts, and cisterns, in time, to secure a good supply. Let the cisterns and butts be washed out occasionally ; this will keep the water pure and fresh.

In pumping up water into the cistern for the water-closet, you must be very particular in winter-time, as, in general, the pipes go up the outside of the house ; in which case they are of course more likely to be frozen than if they were within. If then they go up the outside of the house, let all the water be let out of the pipe when you have done pumping ; but if at any time you should forget to do so, and it should get frozen, take a small gimlet and bore a *hole* in the pipe, a little distance from the place where you let it off ; if the frost has not been so severe as to freeze all the water in the upper part of the pipe, by doing this you will prevent its bursting ; and, at all events, it is the best way to do it so, as it will prevent the pipe bursting in more places than one. Have a peg to put into the hole after you have let the water off, and then you will only have to take it out at any time when the water may be frozen. Pump the water up into the cistern for the closet every morning, or as often as wanted, without waiting to be told ; particularly if there be only ladies in the family where you live, and once a-week, if the closet is where you can have free access to it, take a pail of water, and cast it into the basin, having first opened the pipe, that is, the trap which is at the bottom of the basin ; this will clear the soil out of the pipe, and ought to be done at regular intervals.

You will find it necessary at times to clear and sweep the footway before the house, particularly in winter, to remove the snow from the pavement ; this should be done as soon as possible, not only to prevent accidents, but to spare your master or

mistress a fine, which they are liable to, if it be not done in proper time. When there has been a great fall of snow, it perhaps will be necessary to have it taken off the roof of the house ; if so, you must be careful not to use any thing which may cut holes in the leaden gutter, or leads at the top of the house. This kind of work is, however, seldom required of servants, as there is great danger in doing it to persons who are not accustomed to such things ; but still you ought to see that those who do it are persons whom you can trust, and that know their business ; for, if not, they may do a great deal of damage to the leads. If the snow should be frozen on a sky-light, let no one attempt to brush it off, for, most likely, every pane of glass will be broken in so doing.

Making up the Fire.

As you will have the fires in the drawing-rooms and parlours to attend to when once they are lighted, be careful, in taking the coal-scuttle into the rooms, that you do not run against the chairs or any thing else, so as to scatter the coals about the room. Stir the fire, and throw up the cinders from under the grate, before you put the coals on, then sweep up the hearth and fire-place neatly ; but if there be any part of the company sitting near the fender, do not sweep so that the dust will fly over them. Whenever you go into the rooms, and see that the fires want making up, do it without being told, unless ordered to the contrary.

Tapping the Beer.

Always have the beer-cock well washed before you put it into the cask, and only use wood to drive it in with ; for, if you take any thing which is iron for that purpose, you will most likely break the cock in so doing. Have the vent-peg loose while you tap it, if it has not been loosened for some time before ; this will prevent its flying about. If the cock goes hard, put a little sweet-oil to it, which will make it turn easily, and wrap some paper round it, to make it fit properly, so that the beer shall not leak out. When it requires tilting, let it be done while it is running ; this will prevent it getting thick. If you cannot do it yourself, have a person to assist you : of course, you will have a proper tilt for that purpose.

ON THE MANAGEMENT OF MALT LIQUORS, &c. IN THE CELLAR.

In order to keep strong beer in a proper state of preservation, remember, that when once the vessel is broached, regard must be paid to the time in which it may be expended ; for, if there happens to be a quick draught for it, then it will last good to

the very bottom; but if there is likely to be but a slow draught, then do not draw off quite half before you bottle it, otherwise it will grow flat, dead, or sour. In proportion to the quantity of liquor which is inclosed in one cask, so will it be a shorter or longer time in ripening. A vessel which contains two hogsheads of beer, will require twice as much time to perfect itself as one of a hogshead; and it is found by experience, that no vessel should be used for strong beer (which is intended to be kept) less than a hogshead, as one of that quantity, if it is fit to draw in a year, will have body enough to support it for two, three, or four years, provided it has a sufficient strength of malt and hops, which is the case with Dorchester beer.

But all malt liquors, however well they may be brewed, may be spoiled by bad ccellaring, be subject to ferment in the cask, and consequently turn thick and sour. When this happens to be the case, the best way of bringing the liquor to itself is, to open the bung-hole of the cask for two or three days; if that does not stop the fermentation, put in two or three pounds of oyster-shells, washed, dried well in an oven, and beaten to a fine powder. After you have put it in, stir it a little, and it will soon settle the liquor, make it fine, and take off the sharp taste. When you find this effected, draw it off into another vessel, and put a small bag of wheat, or wheat-malt, into it, in proportion to the size of the vessel. It sometimes occurs, that such fermentations will happen in liquor from a change of weather, if it is in a bad cellar, and in a few months it will fall fine of itself, and grow mellow.

If the cellars are subject to the heat of the sun, or warm Summer air, it will be best to brew in October, that the liquor may have time to digest before the warm season comes on; and if cellars are subject to damp, and to receive water, the best time to brew will be in March. Some experienced brewers always choose to brew with the pale malt in March, and the brown in October; supposing, that the pale malt being made with a less degree of fire than the other, wants the Summer sun to ripen it; and so, on the contrary, the brown, having had a larger share of the fire to dry it, is more capable of defending itself against the cold of the Winter season.

On Bottling Malt Liquors, &c.

As a necessary preparation for executing this business properly, great attention must be paid to the bottles, which must first be well cleaned and dried; for wet bottles will make the liquor turn mouldy, or mothery, as it is called; and a great deal of good beer is frequently spoiled by them. Though the

bottles may be clean and dry, yet, if the corks are not new and sound, the liquor will be still liable to be damaged; for, if the air can get into the bottles, the liquor will grow flat, and never rise. Many who have flattered themselves they knew how to be saving, by using old corks on this occasion, have spoiled liquor to a great amount, only for want of laying out three or four shillings. If bottles are corked as they should be, it will be difficult to draw the cork without a screw; and to secure the drawing of the cork, without breaking, the screw ought to go through the cork, and then the air must necessarily find a passage where the screw has passed. If a cork has once been in a bottle, even though it may not have been drawn with a screw, yet that cork will turn musty as soon as exposed to the air, and will communicate its ill flavour to the bottle in which it is next put, and spoil the liquor. In the choice of corks, take those that are soft, and clear from specks. Also observe, in the bottling of liquor, that the top and middle of the hogshead are the strongest, and will sooner rise in the bottles than the bottom. When you begin to bottle a vessel of any liquor, be sure not to leave it, till all is completed, otherwise it will have different tastes; let it stand till the next day before you cork it, which brings the beer to a proper flatness, and prevents the corks from flying. Let the bottles be corked as close as possible.

If a vessel of liquor begins to grow flat while it is in common draught, bottle it, and into every bottle put a piece of loaf-sugar, of about the size of a walnut, which will make it rise and come to itself; and, to forward its ripening, you may set some bottles in hay in a warm place; but straw will not assist its ripening.

If you should have an opportunity of brewing a good stock of small beer in March and October, some of it may be bottled at the end of six months, putting into every bottle a lump of loaf-sugar; which, in the Summer, will make it a very pleasant and refreshing drink. Or, if you happen to brew in Summer, and are desirous of brisk small beer; as soon as it is done working, bottle it as before directed.

In Winter-time, when the weather is frosty, shut up all the lights or windows of your cellars, and cover them close with horse-dung, which will keep your wine, beer, &c., in a proper and temperate state.

PHILOSOPHY OF VISION.—No. 3.

Refraction of Light.

The sight of the eye depends chiefly on what is called the

refraction of light. When a beam of light is by any means bent out of its course and takes a new direction, it is said to be *refracted*. This always happens when light passes from air into water, into glass, or any other transparent substance of different density from itself.

It is this which causes a rod or oar to appear as if broken, when one part of it is in water and the other in the air. It can be very strikingly illustrated by the common experiment of putting a piece of money in an empty cup, retiring till the edge of the cup barely hides the money from the sight, and then causing a friend to pour water over the money, which will again bring it into view. The experiment may also be made with the flower or landscape, or whatever happens to be painted on the bottom of the cup. Water, therefore, it seems, makes the cup appear much less deep than it is in reality.

Real and Apparent Depth of Streams.

This informs us also why a clear stream of water seems less deep than it is ; for the refraction of the light causes the bottom to appear higher than it is. The ignorance of this has more than once led the unwary to venture into water beyond their depth, to the hazard of their lives.

We mentioned before, that in consequence of the time light takes to travel, we do not see the heavenly bodies exactly where they are, but where they were some minutes before when the light left them. In consequence of the principle of refraction also, their apparent place is considerably changed.—The air only extends a few miles above the earth, and beyond is an unknown region, supposed to be filled with something as much thinner than air, as air is thinner than water. The light of the sun and stars, therefore, when it passes from this rare medium into the thicker air, is bent ; and though they be really set, they will appear in view, in the same way as the money in the cup comes into view when the water is poured over it.

Dr. Brewster's Discoveries.

By a series of very nice experiments upon a property of light first observed, we believe, by Malus, Dr Brewster has almost created a new science. This property of light is called *polarization*, from the supposition that light is composed of particles, whose sides have different qualities, and that these sides of the particles can, by reflecting and re-reflecting the beam, be made to arrange themselves in the same way as a number of magnetic needles would do when all in the same circumstances. Into the details of these experiments, or the examination of this

doubtful theory, we cannot enter. We may remark, however, that it is a very powerful instrument for examining the structure of crystallized bodies, and in general, all bodies which reflect light. Of these Dr. Brewster has scientifically examined a great number. .

Vision in the Inferior Animals.

Some of the peculiarities in the eyes of the inferior animals we have already incidentally mentioned ; but there is perhaps less difference in this sense in the several classes, than there is in any of the other senses. All, except those which inhabit water, have the fountains for the tears, although none of the lower animals have been observed to shed tears, except the stag when he is seized by the hounds. The insidious tears of the crocodile, which have passed into a proverb, are seemingly fabulous. What we have called the eye-brush, or nictitating membrane, is so much larger in most animals than in man, as to cover the whole ball of the eye. In birds it is very distinct, and enables some of them, the eagle for example, to fix their eyes upon the sun. Any body may readily observe this membrane in fowls, or in cats. Most of the lower animals have another muscle besides those found in man, whose office it seems to be to suspend the eye or bear its weight. In the rhinoceros, this muscle is divided into four belts.

A great number of animals differ from man in the position of their eyes. All animals with red blood have indeed two eyes—these are not always, as in man, so placed as to see the same object at the same time ; consequently, the two visible directions in those cases do not, as in man, coincide, and there must either be some internal union of the images, or they must see two images of different objects at the same time. The Cameleon is said to be able to direct one eye upwards and another downwards, in which case there must be a doubling of the images. Whether this may furnish an objection to Dr. Wells' account, given above, of the coinciding of the two visible directions in man, we leave for further examination.

Sight of the Mole and Lynx.

As the mole is the most noted animal for deficiency of sight, though it is by no means blind as is usually imagined ; so the lynx is perhaps the most famous for acuteness and clearness of vision ; but whether the popular belief in the latter case is supported by facts, I am not certain. There is no doubt, however, of the ex-

traordinary vision of certain sorts of birds. Most people who have been on the sea-coast have witnessed the manner in which the osprey, the soland-geese, and other sea-birds, take their prey, by darting down with inconceivable rapidity from a considerable elevation into the water. Now these birds must see their prey at some depth in the water from the height whence they dart; and the inference is, that their vision must be exceedingly acute for this purpose.

Amusement at Aleppo.

An illustration of the same fact, with regard to land birds may be derived from an amusement practised at Aleppo. The inhabitants, when they take the evening air on the house tops, begin to make with their hand the motion of scattering grain; and in a few minutes clouds of birds from a viewless height in the air, make their appearance, though not one was to be seen till the motion was made. They commonly reward their descent with a few handfuls of grain. The sky-lark soars till it becomes to our eye first a speck, and then disappears; but did it lose sight of the earth, it would not soon find its way back; did it lose sight of the field where its nest is, it could not easily return. When Messrs. Sadler and Beaufoy let fly from their balloon, at a considerable height, one of their pigeons, it made no use of its wings, but dropt down like a stone; was it because it could not see the earth to which it might direct its flight?

Experiment on Fascination.

May we mention among the powers of the eye, the faculty of fascination ascribed to some animals? This faculty, though rejected as a vulgar prejudice by Dr. Johnson, who was not, with all his genius, much skilled in Natural History, has repeatedly been proved by unquestionable authority and actual experiment. The facetious Montaigne tells us, that at his house a cat was seen watching at a bird at the top of a tree, and they for some time mutually fastened their eyes on each other. The bird at last let herself fall as dead into the cat's claws: being either dazzled by the force of terror, or some attractive power in the cat. This power of fascination is, in most strength in serpents, as is proved by experiment; for when a mouse or a bird is put into a cage with a viper, it does not need to lay hold of them; it merely fixes its eyes on them, opens its jaws, and they rush upon destruction.—(*Phil. Trans.*)

GOURMANDERIE FOR OCTOBER.

HERE we are in full Autumn, and our alimentary enjoyments begin to become more abundant and more lively. Leverets have become hares in every respect, and the turkeys have reached full growth. The grain poultry shew themselves to be in a comfortable satisfying good case, and all is in activity, from the stable to the poultry yard, to gratify man. Now the season of the chase opens, and the rabbits, the hares, and the partridges, have need of all the resources of their spirit and their agility, to escape the murderous firelock of the hunter.

Bustard.—It appears that the bustard is less provided with this sort of spirit than most other winged animals; although this be the greatest land bird belonging to Europe. But its spirit is not commensurate with its size. The bustard affects the Northern countries, and it is only by chance, and in consequence of very rigorous Winters, that it is seen in the South. The bustard when young, and properly kept, is a sufficiently delicate food, and so much the more in request, that it unites the taste of most sorts of game. It is eaten roasted, and is made to enter into the same preparations as the wild goose; it is also made into cold pies, in which lard must not be spared, because the flesh of the bustard is naturally dry. This flesh is too compact to be very easily digested, wherefore weak stomachs would do well to abstain from it. But persons who give themselves up to violent exercises, which are capable of giving spring to this organ, may eat it without suffering inconvenience. A fine bustard, *à la broche*, is a very seducing dish of roast.

Peacock.—Of all the animals with two feet, which are found in this lower world, the peacock is unquestionably the stupidest and the vainest. No sort of keeping nor treatment can render his flesh tender or palatable. He is neither good for boiling, nor for roasting, and is so decried at Paris, that he is never admitted to the honour of appearing at the tables of good company. However, as after the usurped reputation which this animal enjoyed among the Romans (who, if we must believe Pliny, reared peacocks and fixed a great price on their flesh), as some persons have requested us to point out the manner of accommodating them for use, we have thought it our duty to devote a moment's attention to them. We shall confine ourselves to the remark, that the peacock ought to be treated by all the connoisseurs, as a true gosling, and in this way may be considered a tolerable dish.

We begin to enjoy the ox this month, in the good condition which he has spent the Summer in acquiring, and which will

delight us during the Winter. The sheep also is more juicy. The veal less delicate than in Spring, is not however to be despised. Sea fish begin no longer to dread the heats, and the whittings to file off, that they may appear on our tables.

Goose.—With the festival of Michaelmas commences the high season for goose, with which the metropolis is supplied from the low fenny lands of Lincoln and Cambridge, where geese are produced in great numbers; but as the geese brought from the fens have often a fishy taste, a preference is always given to those bred on inland greens and commons, with the run of a farm yard, and the indispensable convenience of water. The flavour of roasted goose is much improved by pouring into the body, immediately before it is sent to table, a savoury sauce, composed of a table-spoonful of made mustard, half a tea-spoonful of cayenne pepper, and three spoonfuls of port wine made hot. Sage and onion stuffing is best for goose. It may be made by mixing with two parts of chopped onions, two parts of bread crumbs, and three parts butter, one part of pounded sage, peppered and salted. Apple sauce, which is always served with goose, is made by peeling, quartering, and coring six apples, and boiling them till tender, with one ounce of butter, and two spoonfuls of water, when they are to be rubbed through a sieve.

Goose-pie.—In order to have an excellent pie of this kind, which is perhaps the best way of using goose, take the bones out of two geese and two fowls; boil one ox-tongue; cut in slices, the size of your finger, with two pounds of fat bacon; lay the goose flat, and season with a spoonful of chopped onion, marjoram, thyme, mushrooms, and parsley; lay the slices of tongue with the fat bacon on them, with force-meat in the vacancies; season with salt, pepper, allspice, and mace, a spoonful; lay the fowls on it; roll up in the shape of a goose, and tie tight with tape. Blanch, put it in a braise with the bones of the goose and two quarts of strong gravy, and let it boil for five hours. Raise a pie-crust to hold it, fill it with bran, and bake till coloured a fine brown. When cold, take out the bran, and put the cold goose in, free from fat, with the gravy it was boiled in, which will be a strong jelly: put the clearest over the top of the pie. If force-meat is preferred, a little can be braised with it, and, when cold, rub through a sieve, and put round the sides of the goose in the pie, quite smooth.

Chickens, pullets, capons, and turkies are now in high order for the spit, while pheasants, wild ducks, widgeons, teal, woodcocks, and snipes, come in and continue the remainder of the year.

Whiting.—This delicate, and in general somewhat dear fish, is a great resource at Paris during six months of the year. The most usual manner of treating him, is to transform him into a fine yellow colour, and powdered over with fine salt. When it has been thus fried, till it is well crackling (which depends almost always on its degree of heat) the whiting forms a *roti en maigre*, or a *relevé de rôti en gras*, which assuredly is not destitute of value. But its preparations are far from being bounded by the frying-pan. It enters into various sorts of compound meats, each of them more delicious than the other; for this fish, naturally very mild, requires to have its flavour heightened. It may then with confidence be prepared *à la bourgeoise*, *à la romaine*, *en miroton*, &c. The whiting is the finest animal nourishment allowed to convalescents. Its flesh, tender and delicate, is among the most wholesome meats for weak stomachs, especially when there is not a great quantity of butter in its seasoning. The whiting agrees with all those whose occupations condemn them to lead a sedentary life; and in this point of view, he is one of the best and most discreet friends of literary persons.

If we had not in the fear of swelling this article to an unreasonable bulk, rigorously excluded every thing relating to desserts, and even had it not been for the silence which we must for the present maintain, with regard to fruits, this had been the place for introducing apples, which would have naturally led us to apple-pie, and apple preserves. These, we only name with regret in passing, as they are among the *entremets sucrés*, of high consideration.

We could say as much of all the species of creams and pastry-work, inexhaustible sources of *friandises* among the *entremets*; but we shall resume this important branch of a delicate dinner, and treat of all that concerns it in a future page. This article is consecrated to gourmands, properly so called; now it is well known, that a true gourmand despises these trifles; he at least gives them only a very slight share of his attention, and with good will abandons them to the ladies. If the dinner is in any degree at all as it should be, these refectations are taken after the *roti*. Even the solid *entremets* are only an amusement for him, and the others a superfluity. As for the dessert, he takes a little, and but a little, of the cheese and chestnuts, which in their quality of alterants, serve him for a vehicle, in order to appreciate fully the value of a cellar. He afterwards perfumes his mouth with coffee, that has not boiled, and rinses it with liqueurs, and at the end of twenty-four hours begins anew. Alas! our nature is so frail, that we must restrict ourselves to unity in many classes of our enjoyments, if we would prolong the season of them.

DR. KITCHINER'S TRUE HISTORY, OR GENUINE ECONOMY
EXEMPLIFIED.

We have presented the facetious doctoor to our readers, in a great variety of lights ; but we have a fresh treat for them in a tale of economy, founded as we are assured on facts, and well worthy of the peculiar talents of the author, for telling useful truths in a humorous and interesting style.

Tom Thrifty and Isaac Idle started at the same moment, with the same means ; Tom succeeded, Isaac failed, in almost every thing that he attempted.

Tom carefully cultivated the regard of every creature that he came in contact with,—because, he found that the efforts which he made to contribute to the comfort of others, created the most delightful reflections in his own mind ; he was convinced that “ true self-love and soeial are the same,” and that “ honesty is the best policy.”

What others called “ pains-taking,” Tom called “ pleasure-taking,”—he deliberately planned and attentively performed to the best of his ability, even the most ordinary actions. “ Better consider for an hour than repent for a year.”

“ Triflers not e'en in trifles can excel,
'Tis solid bodies only polish well.”

Tom wisely observed—only in every-day duties, can I demonstrate my ever-ready diligence, and my earnest desire to execute the instructions and obey the commands of my employers, in that precise manner, which is the only positive proof in my poor power to give of my real respect for them, and the only means which I can employ to excite their approbation, and to obtain their permanent patronage.

“ Those who neglect little things, give sure token, that when they dare, they will neglect great things.” “ What is worth doing at all, is worth doing well.”

The infallible agent in all arts, is an insatiably thirsty ambition to out-do all others—find out the first artist, rest not till you excel him in the point in which he is most excellent, and don't stop there, but go on as far as you can beyond him, so as not to leave a chance for any other to overtake you. “ The race is got by running.”

What people commonly call uncommonly “ good luck” Tom found upon strict inquiry, that nine times out of ten, was nothing more than the usual result of uncommonly great labour ; and that those extraordinary and brilliant achievements, which are commonly called the contrivances of cleverness, and the spontaneous fruits of superior genius, are in fact the elaborate

products of unremitting industry, and intense application. "Thrift is the philosopher's stone."

The infallible secret springs which constantly commanded Tom's success, and set all his less diligent companions a wondering at the extraordinary progress which he made in his various pursuits, were

"Industry and Integrity."

Whatever industry suggested to him to be his duty or his business, integrity immediately assured him, that with whatever unpleasant present privation it might appear to be pregnant—he would find that if carefully and cheerfully performed, it would ultimately produce him, in due proportion, great pleasure and great profit!

I and Time, said Tom, against any two gentlemen in the universe; if a victory was to be won by patience and perseverance, he was sure to gain it.

It was so extremely painful to him to be under the necessity of offering an excuse for any error or omission of his own, that the immediate and most humble confession of it was all that he could force his lips to give utterance to:—"Confession of a fault makes half amends." "The meekness of Moses is better than the strength of Sampson."

Although he was so awkward in making any thing like an apology for his own faults, he was ever ready to plead eloquently enough for the failings of others—and the acknowledgment of a fault he always received as an atonement for it.

If you receive rudeness in return for civility, and ingratitude for kindness, said Tom, it may move your pity, but never can excite your anger; if it does, excuse me, gentle reader, but unhappily for yourself and all you associate with—you are not a Christian—or instead of murmuring at Heaven for having created such crazy creatures! you will be fervently thankful that you are not equally inconsistent and ridiculous—and humbly pray, that your own mind may not be afflicted with the like unfortunate aberrations. The ancient philosophers even, whose minds were not illuminated by Christianity, were of opinion, that "ill language and brutal manners, reflect only on those who are guilty of them;" and that a man's reputation is not at all cleared, by his cutting the throat of the barbarian who reflects upon it.

"Bear and forbear, thus preach'd the stoic sages,
And in two words, include the sense of pages."

"He that flings dirt at another, dirtieth himself most," but "bad jokers will sooner lose their best friend than their worst joke." Whoever wishes to pass on peaceably and quietly, must

find good nature, and endeavour to find good sense for half the persons he meets with, and will have much to forget, and much to forgive :

“ To err is human,—to forgive Divine.”

“ Hath any one wounded you with injuries ? meet them with patience ;—hasty words rankle the wound, soft language soothes it, forgiveness heals it, and oblivion takes away the scar.” “ Two things a man should never be angry at ; what he can help, and what he cannot.”

A Christian cannot be long angry with his brother—the covenant which every man repeats twice every day to “ Our Father which art in Heaven” limits the duration of our displeasure to a few hours at longest,—all our accounts of anger are balanced presently :—When we pray to the Almighty to “ Forgive us our trespasses as we forgive them that trespass against us,” we naturally pause, for a moment, and recollect,—recollect what offences we have to forgive others :—only as we freely and fully forgive them their comparatively trifling transgressions against us, may we have any hope that we shall receive pardon for the manifold offences which we have committed against our Almighty and most merciful God ! “ For if ye forgive men their trespasses, your Heavenly Father will also forgive you. But if ye forgive not men their trespasses, neither will your Father forgive your trespasses.”—Matt. vi. 14, 15.—“ Diffidence is the right eye of prudence.”

Tom's extremely humble opinion of his own abilities kept him continually on the alert, lest he should fail in effecting any purpose so perfectly as his industry and integrity pointed out to him it ought to be performed,—for, said he, “ the way to be safe, is never to be secure.”

He was thus strongly stimulated to make every exertion, and perpetually prompted to take every precaution that could contribute to ensure success, and constantly confined his attention entirely to the business of the moment,—which however trifling it appeared to be, for the time that single act monopolized his every faculty. All things are difficult before they are easy ; but difficulties give way to diligence, and enterprizes which the idle despair of, the industrious encounter with alacrity, and accomplish with ease. “ If you will obtain you must attempt.” “ Nothing's impossible to a willing mind.”

When his idle and less amiable companions would say with the self-sufficient snorer of ignorance bloated by conceit,—“ Tom, I think you are a very foolish fellow to take so much trouble about trifles.” He would answer, “ You are mistaken, my friend.”

“According to your pains
Will be your gains.”

“Do good, if you hope to receive it.”

Just so much unnecessary trouble as you imagine that I take—just so much unexpected pleasure I give to my employers—just so much credit do they give to me—and just so much satisfaction do I receive myself.

An honest man cannot employ one moment of his time about his pleasures, until every part of his business is perfectly completed.

Many events which appear troublesome to the vulgar, are welcomed by the wise as golden opportunities of being most useful.—You may depend upon it as a moral truth, which is as certain as any mathematical one, that—“we are most useful to ourselves, when we are most useful to others:” according to our management in such occurrences will be the firmness of the foundation of all our other undertakings,—“act for and speak of everybody as if they were present.”

Whatever Tom attempted, he attacked with all his spirit,—as if he had nothing but that single thing to do, and that all his hopes in life depended entirely upon his doing that, in the most perfect manner possible—thus, if he failed, he had the most soothing of all consolations to comfort him, that if he lost his cause, it was not through any neglect of his own, and that he was deserving of success if he did not obtain it,—if he did not always reap so plentiful a crop as he had reason to expect, he always escaped those intolerably agonizing self-reproachings which so intensely embitter the retrospect of all who have been too idle to sow.

Isaac adopted a very different plan,—he was always thinking about anything but the “business of the moment,” and set about every thing with that embarrassed air of fretful impatience, which says plainly enough, “I wish I had done this, I want to do that!”—however, when it came to *that’s* turn, that was slighted for another,—and the performance of every present purpose, was perpetually paralysed by the contemplation of the future.

“He drops each work the moment it’s begun,
And trying all things can accomplish none.”

Poor idle Isaac, instead of being like his industrious friend Tom, not only always willing, but always anxious to do his utmost to serve everybody, and by anticipating and surpassing the wishes of his employers, to infallibly ensure their esteem—always appeared to be unwilling to do any thing which he ought to do—although he often displayed sufficient ingenuity in con-

triving various subtle schemes for obtaining his own whims and fancies.

Sordid self-interest was the standard of all his actions, and one of his hands was unwilling to wash t'other for nothing—how to deceive without being detected his only care. And unhappily he had no belief in honest Tom Thrifty's favourite maxim—that

“ True self-love and social are the same.”

He had no notion of sacrificing an ounce of his own comfort to save a pound of care to the best friend he had in the world—he did not even comprehend “ the philosophy of fishing,” or of “ sending a sprat to catch a herring.”

All those acts

“ Which conscience dictates to be done”

with all our heart and all our spirit, poor idle Isaac shirked and slighted in the most slovenly and careless manner possible, and “ as lazily as Ludlam's dog, that lean'd his head against the wall to bark,” and was diligent, only in inventing plausible excuses for his neglects;—“ the tongue of idle persons is never idle,” but one would think that to manufacture his apologies must have given him much more trouble, than it would to have done his duty. “ Denying a fault doubles it.” “ A grain of prudence is worth a pound of craft.”

Poor Isaac's favourite maxims, “ Never mind,” “ That'll do,” “ It don't signify,” “ It's time enough yet,” &c. enchained him to poverty, and at last showed him the way to the work-house.

Tom Thrifty's benevolent and unwearied efforts to serve others excited the regard of his employers, who placed him in the road to prosperity ;

“ Well begun
Is half done.”

His untiring industry, and incorruptible integrity impelled him on, and in time made him independent.

“ The industrious are always priz'd,
The idle are by all despis'd.”

Whenever Tom was asked to relate the story of his progress in life by those curious folk who were clamorous in congratulating him on what they called his uncommon good luck—and his extraordinary good fortune, &c. he would say—“ stop ! God directeth what men call chance.”

If you please, I can tell you in a few words how you may obtain as easily as I did, all the good, which you appear so much to admire my attainment of,—there was no conjuration, no

mighty magic in it; the means were neither uncommon nor extraordinary, but such as Providence has placed within the reach of every honest man who has common sense. Mark me! All that I have, I owe “not to the possession of superior abilities! not to the influence of powerful patrons!! not to any accidental events!!!” but simply and solely to my irresistible pioneers, persevering industry, and patient integrity.

I am indebted for my acquaintance with them entirely to my having early learned, and loved, and earnestly endeavoured to keep “God’s commandments,” and to my good mother’s making me learn by heart Christ’s sermon on the Mount.

SIR A. COOPER ON THE PREVENTING OF SCARS.

From wounds or other accidents on the face or neck, unsightly scars are often produced, and it requires great care, particularly in the case of females, to prevent this in the process of healing. With respect to abscesses, boils, and tumours, which require to be opened by the lancet, the following observations, for which we are indebted to Sir Astley Cooper, will be found useful:—

“The prevention of scars is a great object, particularly in exposed parts of the body; this may appear of little consequence, but it certainly is not so; scars from abscesses in the necks of females, excite in the mind of most of our sex, a reluctance to associate with them; and thus, many a fine young woman may, by such scars, be doomed to perpetual celibacy. No part of the practice of surgery has been more faulty than the manner in which abscesses of the neck have been treated. I have seen on one side of the neck, large scars from abscesses that had been badly managed; whilst on the other side, where the treatment had been more skilful, scarcely any vestige of a wound was to be seen. I have from very early practice, and subsequent experience has proved to me its use, been exceedingly careful in the management of these cases. Aperients, with calomel and rhubarb, should be given; evaporating lotions should be used; you must be strict as to regimen and diet; the food must be nutritive, but not stimulating. The best mode to adopt in these cases, is to open the abscess before the skin be much affected, and as soon as a blush has appeared; thus scars, will be in general prevented. It is desirable in opening the tumour to use a very fine knife, for two reasons; 1st, A small opening is made; 2d, It does not alarm the person. The knife I always use has the blade an eighth of an inch wide, and it appears to the patient as a needle. When you press the sides of the wound, take care to squeeze out all the solid flakes of matter, to be met with in

scrofulous tumours. If this be not attended to, they will at last slough; but if, on the contrary, you carefully avoid leaving any of that unorganized substance, adhesion will take place, and the wound will heal. Almost every thing in these cases depends on getting rid of the solid matter. Bread poultices, made with sulphate of zinc, lotions and spirits, may be afterwards used.

“There is a point of great importance to be attended to, that is, the direction in which you make the opening; always make it transversely, and not in the axis of the neck; for when the wound heals, it will scarcely be seen among the creases or folds of the skin. One more observation on this subject; let me entreat you not to open these tumours when they have a purple blush upon them, like the hue of a grape; the skin is thin, and will slough, and if you then open the tumour, you will bring discredit on yourself.”

PIMPLES AND THEIR VARIETIES.

We have repeatedly alluded to, and partially described, several varieties of pimples, which are always in any form disagreeable and troublesome, and for the most part are extremely difficult of cure. Most of the varieties were called by the old surgeons *gutta rosacea*, or “rosy drop;” the French term is *couperose*, and the modern doctors use the word *acne*. Following the most recent discoveries in this department of knowledge, we shall therefore proceed to describe the causes and the varieties of pimples.

In describing the moisture which softens the skin, we mentioned that this is furnished by numerous little fountains or glands immediately under the skin, from each of which a small hair-like pipe carries out the fluid. Now these glands, you are to remark, are very numerous and large on the face, and particularly about the sides of the nose, where you may readily see, in most persons, the openings of the moisture-pipes. The knowledge of these facts will lead us by a plain and direct path to the origin and cause of the various sorts of pimples.

The Worm Pimple with black points.

The first sort of pimples, which we shall denominate Worm Pimples, are learnedly called by Dr. Willan and Dr. Bateman *Acne Punctata*. This sort is very common, and very annoying to females, from the age of fourteen and upwards, as they give the skin a dirty greasy appearance, which no washing will remove. They originate in the obstruction of the pipes we have just described, the moisture in which not getting a free passage becomes thick, and closes altogether the mouth of the pipe, where this greasy moisture, thickened as we have seen, catches

and combines with the dust and other impurities floating in the air, and is soon rendered black. If, at this stage of the formation of the pimple, you squeeze it on both sides between the nails, the thickened matter contained in the little pipe will escape in the form of a small white worm, with a black head, which is nothing more than dust, &c., caught and retained by the part of the matter which had been exposed.

The vulgar opinion, therefore, that such pimples are caused by worms or grubs, is quite erroneous.

Those who are subject to this form of the disorder have, generally, from three or four to the number of some dozens of such little black points on the sides of their nose, on the upper lip, the chin, the forehead, and sometimes on the cheeks and temples. The skin between these is also, for the most part, though not always, greasy and foul.

The best means of removing the worm pimples is by squeezing out all the thickened matter of each; for unless you do this it is impossible to get rid of them, as no wash nor other application will remove them, nor will they ever disappear of their own accord. But though no wash will remove them when once formed, several things of this kind may be useful in preventing their return. Of these the Roman Balsam, before given, is a safe and excellent application, and daily rubbing the parts very gently with a soft glove or with the warm hand. If these are not effectual, the means recommended for the next variety may be tried.

The greasy disposition of the skin, and its tendency to form the black-headed worm pimples, for the most part depends on bilious disorders, or on indigestion, acidity, or some derangement of the stomach. Purgatives, sulphur, and the whole tribe of worm drugs, so often given to remove these pimples, in all cases increase them. The best treatment of such disorders, and of the unnatural hunger which frequently accompanies pimples, will be found in the little work called MEDICAL ADVICE, which we have before referred to. Dr. Underwood recommends carbonate of potash; and Dr. Willan oxymuriatic acid, which we doubt not may have some effect.

The small Red Pimple.

This is the sort which Dr. Willan called *Acne Simplex*, and Dr. Darwin *Gutta rosea hereditaria*, believing that it was often hereditary, or at least had seldom any apparent cause, like the other species. The cause, however, is much the same with what we have just described in the case of the worm-pimple, but operating a little more actively, or rather proceeding a stage farther. The little pipes in the present case are not only obstructed, but become inflamed, swell, and form a small, hard, red

pimple, painful to the touch, and sometimes a little itchy, or giving, says Dr. Biett, "a slight feeling, as if an insect were creeping over the skin*." In this species, the pimples appear singly, and are not very numerous, and the intermediate skin is unaffected. They are most liable to appear upon the cheeks, nose, and forehead, though they sometimes spread over the shoulders and upper part of the breast. The inflammation is not violent, and they suppurate slowly. Many of them do not suppurate nor form matter at all; but gradually swell, and again slowly subside in about eight or ten days, and leave a purplish red mark on the skin, which gradually disappears†. Others go on to a partial suppuration, which continues from ten days to three weeks.

At the commencement, when the pipe begins to be obstructed, there may be felt under the skin a little ball, like a small hard seed, about the size of a pin's head, which gradually enlarges for three or four days, when it begins to inflame, and about the sixth or seventh day comes to its greatest size, and is then swelled, prominent, red, smooth, shining, and hard, and painful to the touch. After two or three days more, a small speck of yellow matter appears on the summit, and when this breaks and the matter escapes, a thin humour follows, which soon dries into a yellowish crust. The inflammation now gradually declines, the size and hardness of the pimples diminish, the crust becomes loosened at the edges, and at last falls off about the third week. The pimples which appear in succession pass through a similar course §.

When the disorder has once occurred it is apt to continue, or to go off and return at uncertain intervals. In some cases it never wholly disappears, but is at one time more troublesome than at another, though the person appears, as Dr. Darwin remarks, to enjoy good health. And it is remarkable that the health is generally best when the pimples are worst. This appearance of good health, however, we should be much disposed to look upon as a deception; for if pimples are numerous, and obstinately continue, we may be almost certain there is some disease lurking *en masque* about the liver or stomach. We infer this from the immediate effects often produced on the face by such disorders. Dr. Darwin says, that an eruption of pimples often follows a surfeit, or the drinking of cold water, or milk, or eating cold vegetables, such as salad; and when pimples have been so produced, he says they sometimes continue to old age.

* Un fourmillement à peine sensible. M. BIETT, *Dict. de Méd.* ARTICLE *Couperose*.

† BATEMAN on Cutaneous Diseases, p. 250.

§ Ibid, p. 281.

One case of a lady he mentions who had pimples produced on her face by taking vinegar. Dr. Bateman has known similar instances in which violent exercise, hot rooms, and gormandizing, produced pimples. We think that sexual disorders and excesses are a much more frequent cause of pimples than is usually supposed. Biett and Alibert have observed it very commonly in young people of both sexes, as well as in men from the age of 30 to 40, and in women at the critical period*.

Danger of Repellent Cosmetics.

As many of our readers may be led to try certain advertised cosmetics for removing pimples, we think it proper to forewarn them that these are often dangerous, and may even prove fatal. Gowland's lotion, Kalydor, Cold cream, and all such puffed nostrums ought therefore to be used with great caution, when you are altogether ignorant of their composition. As example, however, may go farther with some than precept, we shall mention a few cases which fell under the observation of the celebrated Darwin.

Mrs. S. being much troubled with pimples, applied an alum poultice to her face, which was soon followed by a stroke of the palsy, and terminated in her death. Mrs. L. applied to her face, for pimples, a quack nostrum, supposed to be some preparation of lead. Soon after she was seized with epileptic fits, which ended in palsy, and caused her death. Mr. Y. applied a preparation of lead to his nose to remove pimples, and it brought on palsy on one side of his face. Miss W., an elegant young lady, of about twenty, applied a cosmetic lotion to her face for small red pimples. This produced inflammation of the liver, which required repeated bleeding with purgatives to remove. As soon as the inflammation was subdued the pimples re-appeared †.

BEST TREATMENT.

The ancient Greeks and Romans applied mild stimulants, such as the emulsion of bitter almonds, with myrrh, resin, or alum; or the bruised roots of the lily and narcissus ‡. Dr. Bateman agrees to the efficacy of these, but prefers spirits and distilled waters, taking care to use a smaller proportion of the spirit when there is much inflammation, and making it stronger when the inflammation is indolent and slow. One of the safest applications perhaps is

DR. BATEMAN'S *Sulphur Wash.*

Break one ounce of sulphur, and pour over it
one quart of boiling water.

* Dictionnaire de Médecine.—COUPEROSE.

† DARWIN'S Zoonomia, Cl. II. 1, 4, 6.

‡ CELSUS De Med. VI. 5. ORIBASIIUS De Loc. Affect. VI. 51.

Allow it to infuse for twelve or fourteen hours, and apply it to the face twice or thrice a day for a few weeks. It is excellent for removing the roughness of the skin which usually succeeds pimples.

A stronger application, when such is found necessary, may be prepared from vinegar and the acetated liquor of ammonia, or the spirit of Mindererus; or you may try

SIR WILLIAM KNIGHTON'S *Lotion*.

Take half a drachm of liquor of potass,
three ounces of spirit of wine.

Apply to the pimples with a camel's hair pencil. If this be too strong add one-half pure water to it.

Dr. Darwin strongly recommends blistering, and where it is considered worth trying, we have little doubt of its success, though it is rather a more severe remedy than most people would submit to. It is not necessary that the whole face should be blistered at once, and it is better to take the parts affected gradually. Lady Mary Wortley Montague used Balsam of Mecca, for this purpose, but a common blister will answer perhaps better. Dr. Darwin recommended this plan to Miss L., a young lady about eighteen, who had her face covered with pimples, and had tried all other prescriptions in vain. She blistered her face by degrees all over, and "became quite beautiful." When any pimples afterwards re-appeared she covered the part at night with mercurial plaster, made without turpentine: for the turpentine is liable to inflame the face; she retained it on with a paste-board mask, and if any stuck to the skin, it was removed with oil or butter. You may prepare the remedy in the following manner:—

DR. DARWIN'S *Ointment for Pimples*.

Take six drachms of mercury,
six grains of flour of sulphur,
two ounces of hog's lard.

Mix them carefully in a mortar.

Mr. Plumbe condemns all these remedies; as either tending to aggravate the disorder, or as too severe; though he has no such compunctious visitings of conscience in other cases where he himself steps forward as an inventor, as we have formerly found. We think that his method, however, is in all cases worthy of trial, as it is at least safe. Mr. Plumbe then advises the frequent bathing of the parts with warm water, and gently rubbing them with the mildest kinds of soap, and the hand, or a soft brush*. MM. Bielt and Alibert speak highly of the vapour and sulphurous baths, the stream being directed for twelve or fifteen

* PLUMBE on Diseases of the Skin, p. 35.

minutes to the parts affected, as often as may be found necessary.

The constitutional treatment, which is the most to be depended on for a permanent cure, is attending as nearly as possible to the diet and regimen laid down above for beauty training, and correcting the tendency to bile, flatulence, and acidities, by the treatment so often referred to*. The local means without the constitutional treatment can only be of temporary advantage, and can never be depended on for a permanent cure.—[*To be continued.*]

POPULAR ADVICE TO HIS PATIENTS. By A VILLAGE
APOTHECARY.

For the following series of directions we are indebted to a very intelligent, scientific, and experienced surgeon-apothecary; and we cannot impress their importance too strongly on the mind of the reader.

Fever.

Whenever you experience cold shiverings, be on the watch; since there will be the greatest reason to suspect that it is the first symptom of some disease of a dangerous kind. If heat succeeds, lose no time, but immediately go to bed, and employ the means already recommended to promote a free perspiration, and support it for at least twenty-four hours. Should perspiration be not produced by these means, it will then be right to take about twenty drops of antimonial wine, (a remedy you will do well to keep in your house) every hour until the effect you wish is produced. Thus may you check, in the very commencement, diseases that would probably have terminated in death. Should the shivering return, on the second, third, or fourth day, and be succeeded by heat, and then by perspiration, an ague or intermittent fever has taken place, requiring you to take at least three quarters of an ounce of bark, before that period of time in which it made it's second appearance has again elapsed.

But if the means recommended have not been employed, or have been employed unsuccessfully, the cold shiverings being followed by considerable heat, and pain in the head, loins, and limbs, you may be assured that a fever is establishing itself, which will prove beyond your management and controul. If an acute pain of any part succeeds, with or without the other

* See *Medical Advice* in Indigestion, p. 38. and *Oracle of Health*, Vol. II. p. 90 and 207.

symptoms, just enumerated, there will be great reason to suspect inflammation is forming, and if these pains do not subside, as the sweat continues, life may be at risk, and may be only saved by timely bleeding and the adoption of vigorous measures.

The degree of danger in these cases, must of course depend on the violence of the attack, and the nature of the affected part. Of the former you will, in general, judge by the degree of pain, and by the magnitude of the other symptoms; and as to the latter, I shall hope, by mentioning the parts affected by different diseases, and the offices they perform, that you will be able to judge of the degree of injury which may be expected.

Inflammation of the Brain.

Know then, that in the head is contained the brain, from which proceed the nerves, which are distributed over the body, and on which every sense, and all power of motion depend. If pain in the head, light headedness, fever, redness of the eyes, and impatience at viewing much light, or hearing loud noises, succeed to shiverings, inflammation of the brain or its membranes may be feared to exist. This must be followed with death in a very few days, if not opposed by the exertions of some skilful person. Bleeding profusely, blisters, the strictest regimen and proper medicines must be here employed, with that degree of firmness and decision, which cannot be hoped for, but where they are directed by a person of real skill, and where the attendants are impressed with the danger of the smallest deviation from orders.

Inflammation of the Eye and Ear.

Redness of the eye, or as it is commonly termed a *bloodshot eye*, shows that inflammation of the eye has taken place. The little importance which is in general annexed to the term bloodshot eye, has lulled many into a false security, until they have at last been entirely deprived of sight. Extreme pain of the ear or tooth, show inflammation of these parts to have taken place. In the former of these cases, the application of leeches to the temples, and in the two latter between the cheek and the ear, followed by the application of blisters to the temple or behind the ears, will generally check the progress of the disease.

Prescriptions for eye-waters are so numerous, that you may expect one from me, but I know not one which I can recommend to you to be used on all occasions; for such is the variety of cases in this class, that sometimes applications as cooling as ice, at other times as hot as the eye can bear, are required; nay, sometimes water itself will be too irritating, whilst at other times applications as pungent as brandy will pro-

cure speedy relief. The most safe wash is, perhaps, rose of elder flower water, without any addition. Conserve of roses, so often applied to the eyes on these occasions, is much more likely to injure the eyes, than to relieve them.

A flannel bag, filled with camomile flowers, wrung out of boiling water, then sprinkled with spirits and applied very warm over the ear, and repeated for an hour together, renewing it as soon as cool, will frequently produce very considerable benefit in the ear-ache. In the tooth-ache the same application to the cheek on the affected side will, if patiently persevered in, render much more benefit than the corrosive remedies which are so frequently applied to the inside of the mouth, and to the tooth itself.

Quinsy.

This same application will also be in general very useful, if made to the sides of the throat in inflammation of the tonsils, (two round projecting substances at the back of the mouth). This disease is known to exist by the enlargement of these with fever, pain, and considerable soreness of the throat, and difficulty of swallowing.

This complaint, best known to you by the name *quinsy*, in general, gives way speedily, if by early application you give the opportunity for bleedings, blisters, &c., to oppose it on the threshold as it were; otherwise it will rapidly become truly alarming and distressing. The means for procuring sweat should not, in any of these cases, be omitted.

Common Cold.

Behind the tonsils is situated the *windpipe*, the upper part of which is slightly inflamed, in what is termed a common cold; this appears to be pointed out by the tickling, which occasions a frequent troublesome cough. This may, in general, be removed by obtaining a copious perspiration at the commencement of the complaint. By drinking freely of treacle posset, vinegar or orange whey, barley water or gruel; but without having recourse to any considerable increase of bed-clothes, or of the temperature of the room. Bleeding, in general, is not here necessary. But should tightness of the chest, or pain in the side, or in any part of the breast, or should shortness of breathing come on, you may be assured that you are in that situation, that the farther attempt to treat this disease without regular advice, will be very likely to occasion its termination in *consumption*, and that, on the other hand, proper measures being directly employed, an immediate amendment may follow. When cough continues after this disease, believe it to be a circumstance

highly worthy of your attention. Consider a little, and you will perceive that a cough is not of itself a disease, it is the symptom or sign of a certain diseased state of the lungs or of the windpipe. If therefore it does not yield in a moderate time to sipping barley water, made thick, and sweetened by the addition of figs and raisins; or by occasionally taking some softening mixture, such as a mixture of equal parts of honey and oil, with a little lemon juice, it may be suspected to depend on some serious diseased state of the lungs; to ascertain and remove which may require more skill than you possess.

Croup.

The croup, or inflammation of the windpipe, or tube through which the air passes to and from the lungs, happens only to children, and is marked by the child's breathing being longer than natural, and accompanied by a particular wheezing sound: a sharp ringing or barking noise also distinguishes the cough attendant on this affection. In this disease, the life of your child depends on your immediately obtaining the best aid you can, since he most probably will otherwise perish in a very few days. If the attendance of a medical man is unavoidably delayed, and the disease is plainly marked, apply from two to four leeches to the prominent part of the forehead and a blister to each side of the neck.

NERVOUS DISORDERS OF LADIES. By Dr. TROTTER, OF NEWCASTLE.

The spirited writings of Dr. Trotter are well known both to the public and the profession, and we cannot, we conceive, give a more favourable specimen of his peculiar manner, than the following sketch upon a subject which we have more than once brought before our readers. He traces, most justly as it appears to us, most of the nervous disorders which afflict ladies in the middle and the higher ranks, to the system pursued in their early education. But listen to the doctor himself:—

As nervous diseases, from innate delicacy of frame, fall mostly on the fair sex, how cautious ought parents to be in selecting proper seminaries of education for their daughters. Many fathers and mothers, I believe, still prefer a boarding-school tuition, to private instruction under their own eye. But I am here to speak chiefly, as it concerns the health of young ladies. Girls are commonly sent to these houses, at a period of life when the constitution is to undergo some material changes, which require the most attentive and delicate treat-

ment. Now it so happens, that many of these boarding-houses lodge thirty, forty, fifty, nay an hundred young ladies. I am at a loss to conceive how any mistress of a school can do justice to so large a seminary of pupils. But I may be told assistants are kept in proportion to the number of scholars. This is evading the question, not answering it : assistant teachers may answer all the purposes of school hours ; but do all these assistants possess the qualifications necessary for forming young minds to be amiable wives, affectionate mothers, and accomplished women ? Scarcely.

A mistress of education is in the place of a parent : is this maternal duty then of so small importance that it admits of being deputed to the third degree ? They must have cold hearts who think so. Every discerning mother knows well, that the smaller her family is, she can the better attend to the wants of her children. How then can a mistress of a boarding-house, who officiates for a livelihood only, do more than the natural guardian ? The mere acquirements of learning are a small part of female education ; it is the domestic virtues, and the retiring graces, which form the chief excellences of a woman. Which of these fashionable schools have given proofs to the world, that these are the studies they inculcated ; and that their matrons are models for imitation, beyond the generality of mothers ?

In this country, it is little more than a century, that daughters were thought worthy of an improved education. So lately have we emerged from barbarism. Ever blessed be the memory of the amiable Mr. Addison for this polish to society ! It has not, therefore, yet crept into our customs, to honour female instruction with those marks of authority which distinguish public schools for boys. Preceptors bearing academic degrees, and licensed by the learned, are alone trusted to conduct the education of young men. Whereas, any lady of tolerable mediocrity in talents and accomplishments, who can meet with the countenance and support of a few well-meaning friends in her neighbourhood, is deemed equal to direct a boarding-school for young girls. Books may be multiplied without number on female manners, if some check cannot be given to the custom of allowing their education to be conducted by improper persons. One vicious seminary will do more harm than can be compensated by the whole philosophers of the age. Hence the necessity of qualifying the mother to instruct her own children.

In a public boarding-school there is a very heterogenous course of characters. We there behold the daughters of persons of all ranks in life ; of families of the most discordant

habits and sentiments; many of these bringing abroad all the prejudices of kindred; and perhaps not a few labouring under hereditary diseases, or imbecility of mind: all lodged, boarded, and trained under one roof. If imitation is one of the strongest propensities of our nature, is there not great hazard in such a collection of young people? Every good mother is cautious whom her daughters choose as companions at home; and can she be less jealous of their safety when abroad? the best and worst of our habits receive a tincture of our associates, but particularly during youth. Such a school of young girls, all differing in rank, in fortune, in temper, in constitution, in passions, and in prospects in life, but liable to communicate follies, propensities and diseases, to one another, must be considered as an improper assemblage.

Boarding-School Studies.

All boarding-schools ought to be situated in the country; not only for the sake of air and exercise, but that the young ladies may be cut off from gossiping visitors. This will tend to secure health, by rendering the introduction of contagious diseases more difficult. Such a space of ground ought to be laid open as may be sufficient for amusement and play; and certain portions of the day allotted for walking, or more active sports, that those who are most sedentary may be forced to partake. An adjoining flower garden will be a motive for recreation to some, while the taste may be improved by the study of botany; a task peculiarly adapted to young ladies. Such avocations will train the female mind to the love of simplicity, and store it with that species of information, which affords food for reflection at a future day; and will fill up much of the leisure to be met with in the domestic scene. The pupil of elegant nature will thus find a country walk as much the habit of life as her hours of sleep; and will not be scared from it by a dirty road, or a lowering sky: a portion of time will always be due to exercise, that the faculties may be refreshed, and the eye feasted by the beauties of creation. And while her nervous aunts are moping their evenings over the card table, she will gather health by her cheerful excursions; and preserve her bloom of countenance by the only means that can give it an additional charm. These ideas may, by some, be deemed a little romantic; but when I look to the sickly frame and miserable existence of a nervous patient, I can find an antidote against this species of criticism.

Boarding-School Diet.

The diet of these schools, I am much afraid, is often exceptionable. And if their matrons are not too wise for advice, they

will find many cautions necessary with girls, nervous in themselves, and descended from nervous, bilious, and gouty parents. They will, therefore, find it of consequence to pay some attention to the physical traits of their pupils, that they may learn how to preserve health. Let them beware of encouraging hot, or highly seasoned dishes. Tea and coffee ought to be excluded from their bill of fare. Plain dressed meat; plain puddings; no pastry; no cakes or sweetmeats; water, or milk and water, with meals; fish with plain butter; no vinous liquors, but when prescribed medically. A plentiful dairy, will be a most valuable appendage to every boarding-school: but above all, let them inculcate and be the examples of early hours in rising and going to bed.

I am one of those who consider the office of superintending a female boarding-school, as a station of great importance and responsibility: and officious friends should not be too precipitate in recommending persons to fill it. It appears to me of even greater moment than a teacher of boys, let their rank and consequence be what they may. The boys whose education may have been neglected, by future attention may be recovered; but the young lady whose manners have once received a wrong bias, is seldom restored to a simple and unaffected demeanour; and so it is with health also. To married women only this business should be assigned; and it ought to be given in preference to one who has educated her own daughters. It will not be contended in opposition to this opinion, that any one can be sensible of the mother's duties, who has not stood in that relation herself. A good temper and benevolent disposition must be essential ingredients in this character. These animadversions on female education and management are the result of long observation, and of much conversation on the subject, in different parts of the world, with many sensible women, who had received a boarding-school instruction, and often lamented the imperfections to be found there.

ON LAUGHING. By Dr. PARRY.

Laughing, like crying and yawning, is a bodily affection, often, it is true, accompanied or excited by mental emotions, but often without them. No one can voluntarily yawn or sneeze, to the same extent as when he does it involuntarily. Laughing does not appear to be a mere mechanical action, or one which occurs from a propensity like sneezing, which seems inevitably to follow the irritation applied. For it often arises from certain

impressions on the mind only, through the senses of seeing or hearing, excited by descriptions or objects, which from this effect are called ridiculous. So brute animals never laugh, though a parrot or jackdaw will imitate the mere sound of laughing, and a young infant will not laugh when you tickle his feet. Laughing may also be produced by the gentle irritation of the skin of various parts of the body, and not those only which are supplied by one nerve. Though it may arise from ideas spontaneously occurring in a man's mind, it cannot be excited by any irritation produced by a man on his own body, or in other words a man cannot tickle himself. Age takes away the capacity of having it thus excited; while a child or young person will laugh from the mere apprehension that you are going to tickle him. It occurs in hysteric fits, and it is said, in inflammation of the diaphragm.

TETTER AND RING-WORM OF THE FACE.

These are two varieties of the disorder of the skin which medical men call *Herpes**, and the vulgar rank among the numerous forms of *Scurvy*, as caused by foul blood. The ring-worm here meant is, however, very different from the contagious ring-worm which affects the hair, and which will come to be noticed when we are treating of the hair. Like most of the preceding eruptions, these affections of the skin are caused by disorders of the stomach and bowels, which both derange the skin through the influence of companionship, and by deteriorating the blood, which supplies it with nourishment. Young people from the age of twelve to twenty-five, are most frequently the subjects of the disease, although the aged are not altogether exempt from its attacks. Some authors, says Dr. Bateman, ascribe its appearance to anger and irritable temper; it would be more just to refer it to the nervous or bilious disorders, which always lead to this disposition of mind. The suppression of perspiration, in consequence of a common cold, sore throat, or catarrh, and after fatigue or loss of sleep, is also very often followed by an eruption of tetter around the mouth or about the nose. Female obstructions and irregularities as well as piles, are said to be a frequent cause.

Tetter is generally preceded by headache, pains in the limbs, slight shivering alternating with flushes, and other feverish symptoms. A sort of stiffness, and tingling pain, with slight itching soon begins to be felt where the tetter or ring-worm is about to appear; and the part soon becomes red and inflamed.

* *Herpes* is from the Greek *ἑρπῆς* which signifies, "to creep or spread," as tetter always does. ACTUARIUS *Meth. Med.* II. 12.

Little blisters or vesicles then appear in clusters upon the inflamed part, which is very often upon the edge of the upper and under lip, and at the angle of the mouth, sometimes forming a semi-circle, or even completing a circle round the mouth; whence the name of ring-worm. It is also, very common on the lip or sides of the nose, and sometimes on the chin. At first the little blisters or vesicles contain a transparent fluid, but in the course of twenty-four hours, it becomes muddy, turbid, and yellowish white, and at last is changed into a thick brownish yellow matter. The lips or other parts affected become red, hard, and swelled, as well as sore, stiff, and painful, with a sensation of great heat and smarting, which continues troublesome for three or four days, till the matter escapes and forms thick dark crusts. If these are picked off, a kind of viscid, gummy, transparent matter succeeds, and encrusts the parts anew. If it is let alone, the swelling subsides, and in four or five days the crusts begin to fall off; the whole duration of the eruption being about ten or twelve days.

As the disorder always runs a regular course, it is not only useless but hurtful to attempt to stop it after the blisters have appeared, because it is impossible to stop them from forming, and any application intended for this purpose will only make them longer of healing. When the stiffness of the parts, however, gives warning of the approach of tetter, it may sometimes be prevented by stimulants, such as the Eau de Cologne, or the

Strawberry Lotion.

Put into a phial, containing half a pint of brandy, as many strawberries as it will hold, cover the mouth with a piece of bladder, let it stand for a week in the sun, and then strain it through a linen cloth. Put in more strawberries as at first, and add half an ounce of camphor. Apply a pledget of linen soaked in this to the parts.

The tingling, smarting, and burning heat, when very troublesome may be reduced by sedatives, such as sugar of lead-water, or water in which a little nitrate of potass has been dissolved. These only lessen the pain, but as Mr. Plumbe justly remarks, they never check the course of the tetter nor lessen its duration. If the little vesicles or blisters, however, are rudely broken, the sore that follows is longer of healing. But if each individual vesicle be carefully pricked with a needle, and the fluid evacuated before it becomes milky or coloured, the pain will be diminished, and the irritation sooner reduced*.

With respect to the constitutional treatment, you must be

* PLUMBE on the Skin, p. 250.

directed by the causes ; but we must caution you against the vulgar notion of purifying and sweetening the blood, as it is called, by scurvy grass, cresses, and other cold vegetable substances ; for these in all cases tend to increase rather than to diminish the evil. The plan of treatment, which will be certain to improve the blood and purify the skin from all such eruptions, we have laid down under the title of *Beauty-training*, as the newest and most effectual discovery ever made for the improvement of the complexion, and for restoring at the same time the health and strength of the weakest and most nervous invalid.

PREMATURE OLD AGE. By DR. HUFELAND.

This is the most unavoidable of all those means that tend to shorten life : it is a secret thief, as Shakspeare calls it, the necessary consequence of life itself : for by the vital process, our vessels must become gradually more dry and unfit for use, our juices more acrid and less, the smaller vessels shrivelled, the organs incapable of performing their functions ; and the earthy part, the surest means of our destruction, must gain a superiority.

It cannot, therefore, be altogether prevented. The question only will be : is it in our power to bring it on sooner or later ? and unfortunately, this question must be answered in the affirmative. Modern times afford us astonishing instances of the possibility of bringing on premature old age, and of causing the periods of life to follow each other more rapidly. We may see at present, particularly in great cities, men come to maturity in their eighth year ; in their sixteenth, attain to the highest point possible of their perfection ; in their twentieth, struggling with every infirmity, a proof that they are already on the decline ; and in their thirtieth, have every appearance of exhausted age, such as wrinkles, dryness and stiffness of the joints, a crooked spine, loss of sight and memory, grey hair and a tremulous voice. I have actually dissected the body of such an artificial old man, who had scarcely attained to the age of forty, and found not only his hair grey, but the cartilages of the ribs, which do not become bones but at the greatest age, totally ossified.

One, therefore, can imitate by art, in our climates, that hastening of the periods of expansion as well as of old age, which in warm countries takes place naturally.

I must now say a few words on the art of engrafting old age on youth. This is done by weakening very early the vital

power as well as the juices, and giving the vessels the highest possible degree of hardness, stiffness, and want of pliability which characterizes old age.

I shall here lay down the surest means to accomplish this, as it is of importance to know prescriptions, in order that people may be better enabled to counteract them. If one, therefore, will only live altogether contrary to the following rules, one may be enabled to preserve one's self in a state of youth to an advanced period of life. Endeavour by every art, physical and moral, to attain to maturity as speedily as possible, particularly in sexual indulgences. Begin very early to expose yourself to the utmost, to every fatigue. Forced journeys of several days, continued dancing, sitting up all night, and shortening every period of rest will, in this respect be of the utmost service. By these means you will accomplish two objects, that of speedily exhausting the vital powers, and that of making the vessels soon hard and brittle.

Drink abundance of wine and strong liquors. This is an excellent prescription to dry up the body and to make it become shrivelled and old.

Care, fear, and sorrow, are extraordinarily well calculated to bring on very nearly every characteristic of old age. We have instances of persons acquiring grey hair in the course of one night, spent under the highest degree of grief and terror. Now, one might believe, that certain causes are absolutely necessary to produce these affections; but there are people who understand, in a masterly manner, the art of seeing every thing in a melancholy light; of dreading some evil from every man; and of finding in the most common circumstance abundant matter to excite wretchedness and misery.

That system, carried too far, or at least badly understood, of hardening the organs by the means of cold, bathing frequently, and for a long time in cold water, &c. may be here added. Nothing can be more proper to produce every symptom of age. But it is not enough that people now attain to old age, in a period during which our ancestors were still young: they unfortunately go farther. They have found out the art of bringing into the world children with old age upon them. Such phenomena I have sometimes seen. These shrivelled beings enter upon the stage of life, with the strongest features of old age; and, after two weeks spent amidst misery and crying, they close their aged life, or rather begin existence by ending it. But I shall draw a veil over these horrid productions of parental dissipation, which appear to me like the embodied sins of the parents.

PHILOSOPHY OF BATHING.—No. 6.

Warm Baths.

Baths under this head are limited between 84° and 98° Fahrenheit. The generally accredited opinion, that warm baths are debilitating, may be received as correct, and admits of a ready explanation. The fact of persons who have been fatigued by great exercise and exposure to a hot sun, being restored by warm bathing, admits of easy solution, if we consider the water in this state as a counter-stimulant, abstracting the caloric, which in the cases before us proved a morbid stimulus, keeping up indirect debility. The experiments of Marct, performed by immersing pieces of skin in water of various temperatures, and noting the changes thus induced in it, are entitled to no weight, owing to the absence of the modifying, and we might say, all-controlling power of life. The arguments against the enfeebling power of warm baths, drawn from the custom in some places, as at Leuk, in Switzerland, and Ladeck, in Silesia, of spending hours together in the bath, will be explained when we come to treat of these and other thermal waters. It is sufficient for our present purpose to repeat here the language of Tissot, who says, that if warm baths often produce notable benefits, it happens in cases of irritation, inflammation, and rigidity—and the additional testimony of Signor Bachetti, who, in his *Osservazioni sulle Acque minerali della Porrella*, tells us it has been his lot to see the bath borne for two hours, and repeated twice a-day with incredible advantage. Such subjects, however, he adds, were of the most juvenile and robust class: had the feeble and aged attempted, through whim, such an experiment, they would have experienced fatal consequences.

We have hence a right to infer, that warm baths are the best counter-stimulants for those persons in whom there exists an excessive rigidity of fibre—that they become absolutely debilitating for all those who, enjoying a medium state of excitement, support badly any sensible abstraction of stimuli—and that, in fine, they appear to be tonics with those individuals only, who, being oppressed by an overload of stimuli, have their excitement brought to an equilibrium by means of these baths, which hence appear, but illusorily, a restorative, as bleeding seems to be when we draw off that excessive quantity of blood, which being a weight in the system, effectually oppresses and enfeebles it.

This truth will appear in fuller light by an enumeration of some of the diseases of the human frame, in which practitioners

are agreed, not only as to the safety, but the efficacy of warm bathing.

The application of this remedy in acute diseases is of very ancient origin. The Hindoos have practised it from time immemorial. Hippocrates mentions it in various parts of his work; and gives us precepts consecrated by the experience of after ages. He particularly praises it in inflammatory attacks of the lungs, and pains of the kidneys, but rejects its use in cases of bile and indigestion. Galen, after the evacuation of the bowels, directed warm bathing in putrid fevers. Celsus, Cœlius Aurelianus, and a hundred others, eulogise this application in febrile diseases. Huxham praises it in inflammatory fevers, and Professor Frank speaks of a double quartan, resisting every other remedy, cured by warm baths. Marcard, Zimmermann, and Tissot, extol them also in those feverish states, chiefly marked by frequency of pulse and a sense of heat, to which practitioners give the name of slow nervous fever. By the same means we aid in the cure of external inflammations, as measles and inflammation of the eyes, as observed by Hippocrates, Galen, Ætius, Sennertus, Riverius, and later physicians. In all inflammations, pleurisy, peripneumony, and in all pains accompanied by inflammatory action, the use of the warm bath is followed by the best effects. Bilious colic, is more peculiarly kept in subjection by this remedy. Catarrhal affections, cholera, and dysentery, which so often occur from a derangement of the functions of the skin, the consequence of alterations of temperature, are often cut short and cured by warm bathing. Franceschi says, that even bleedings do not contra-indicate its use, nor does he ever suspend it during the time of the menstrual discharge.

The diseases from augmented power of the nerves, and which, for the most part, are manifested by irregular movements of the muscles, such as convulsions, spasms, hysteria, palpitation, spasmodic asthma, cough, &c. are greatly soothed by warm baths.

They cut short gouty and rheumatic paroxysms, and are useful in chronic disorders of the stomach. Astruc recommends them as preventing abortion in women of a rigid fibre, and rather advanced in life—and we are assured that the French still keep up this commendable practice of bathing in the case of pregnancy, throughout the whole time of gestation. These baths second the action of mercury, and promote its absorption—and still farther, they remove the morbid sensibility of those who have been under the use of mercury for some time.

The warm bath, in the opinion of Celsus, should be used by those who prize the preservation of cleanliness of the body. In

moderation, it is peculiarly serviceable in rigid and irritable habits, by mildly fomenting, as it were, the dried fibres, and maintaining in them a greater flexibility.

At the risk of some repetition, as well as some little difference of opinion, we shall give the following remarks :—

On the Tepid Bath. By Dr. ARMSTRONG.

As to the benefit of tepid bathing, and independently of its great utility in removing uterine and urinary irritation, I am confident that its application as a preventive and palliative agent is much greater than either the profession or the public have yet believed. I may notice it as a curious anomaly in the English habits, that tepid bathing should be so much neglected among a people proverbial, in other respects, for their cleanliness; I cannot account for the circumstance, without supposing that it depends partly upon the medical profession rarely recommending the use of tepid bathing, and partly upon the public prejudice about its supposed relaxing influence. In Paris upwards of 150 public baths exist, besides establishments for portable ones, which are in great request, and supplied at a very reasonable rate; whereas in London very few public baths exist, and only one portable bath has been recently established, which promises, however, to be very useful on account of the expedition with which it can be employed.

I consider that the advantages of tepid bathing are numerous, and, in the first place, as a preventive of inflammatory diseases. In many cases, the surface of the body, in this variable climate, is chilled for some hours before the attack of external or internal inflammation; in fact, the continuance of the chilliness is finally the cause of the inflammation, by disordering the circulation of the blood, which, being equalized at the commencement of the chilliness, by a warm bath, generally prevents the occurrence of any acute affection of an inflammatory nature.

In the second place, tepid bathing is extremely beneficial in most cases of chronic rheumatism and gout, especially in those where the functions of the stomach, liver, or bowels are impaired.

In the third place, it is highly beneficial in all those cases technically and indefinitely termed wasting or marasmus in children, and indigestion or dyspepsia in adults, since no single means, in general, has more influence in restoring the natural action of the skin, and also of those parts of the body associated in the complicated process of digestion.

In the fourth place, it is an admirable remedy for most of those incipient glandular affections, or ill-conditioned chronic inflammations, which usually pass under the loose appellation

of scrofula ; and lastly, it is so exceedingly advantageous in most cutaneous affections, that its application to them scarcely needs a comment. When we add its remarkable soothing effects in most uterine and urinary irritations, and consider all the delightful associations connected with perfect cleanliness, we cannot but be surprised that tepid bathing should be so much neglected by the profession and the public of England.

The temperature of the tepid bath, which should generally range between ninety-four and ninety-eight, as is most agreeable to the feelings ; and it is important that no sense of exhaustion should be produced at the time of its use, and no sense of unnatural chilliness or heat immediately afterwards. A feeling of warmth and refreshment are the certain signs of its agreeing with the patient.

BEST METHOD OF SETTING RAZORS.

Most people conceive—erroneously indeed—but they do conceive that there is a great mystery in setting a razor ; but surely, it must appear to those who will think seriously for a moment, that it cannot be harder to use a hone than a strap, and every body thinks himself capable of strapping. The difficulty supposed to attend the setting of a razor arises, as in many other cases, from supposing there is a difficulty. A little rational explanation will make the matter simple in theory, and easy in practice.

Preparation of the Hone.

The first thing that should be done to the hone is to wipe it clean ; and the second is to spread a few drops of pure oil on it, or on that part of it which is to be used. Of these two most difficult operations the objects are to prevent any particles of dirt, or other substance, from remaining on the hone, and impeding it's full and equal effect ; and, also, to render the edge produced by it as fine and smooth as possible. When the operator has proceeded thus far, let him place his thumb and forefinger, sideways, on that part of the tang of the razor at which the handle terminates, so as to have firm hold of the razor and its handle. Let him then lay one side of the razor flat across the hone, and so that the shoulder of the razor (which adjoins the tang) may touch the nearest part of it. Having gained this position, he may begin to draw the razor towards him, in a manner somewhat circular, and with a moderate degree of pressure, till he arrives at the very point of it. When this has been done on one side, the razor should be turned, and the same operation take place on the other side of it. In this manner he

may proceed till the hone has produced the desired effect. This effect will be evident from the wiry appearance which the edge of the razor assumes when sufficiently honed ; and, till this wire is produced from one end of the razor to the other, the operation is not complete. When from the appearance of the wire, he is convinced that the edge is worn to a sufficient degree of thinness, let him draw each side of the razor alternately across the hone, from the shoulder to the point, in order to unite all the parts of the edge, and produce a perfect regularity and smoothness. When this is done, the whole business is, in general, performed, and the wonderful difficulty vanishes.

In the whole of this operation, the most important circumstances to be attended to, are to begin at the shoulder of the razor, and proceed regularly to the point ; to keep it quite flat, not raising the back in any degree ; to press with as much force (and, with a good hone, very little is necessary) on one part of the edge as on the other ; to observe that the wire is produced throughout the whole extent ; and to remove all irregularities, and cause a perfect equality of keenness, from one end to the other, by drawing it along, in the finishing strokes, in the manner we have recommended. The wire will frequently, when the razor requires much honing, separate from the edge, and remain on the hone. This must, of course, be allowed for.

When the edge of a razor that requires setting is in the usual state, that is, when it is free from notches, and has merely become thick in consequence of the use of the razor-strap, it will be found that very little honing is necessary to bring it to a proper condition. In this state razors generally are when they require setting ; and, indeed, they are never otherwise, unless they are treated with shameful carelessness. When the edge has notches in it, though so small as to be scarcely perceptible, the operation requires, of course, more time and more attention. Still, however, a good hone is fully sufficient for the purpose. But when these notches are large, it is better that the cutler should have recourse to grinding.

Defects of the Common Methods.

The common methods of setting razors are, in several respects, defective. In the first place, it is usual to begin honing at the point, instead of the heel of the razor. When this is not the case, the operator generally begins at that part of the edge (its middle, for instance) which is most dull, and which, therefore, in his opinion, requires most honing. The first method is a wrong one, because it is impossible in this manner to set a razor so regularly as in the way we have recommended. The second is much more wrong, because its sure consequences are

the utmost keenness in one part, and a total want of it in another. In this manner, however, do the setters of razors, professional or otherwise, frequently operate; and hence it may be truly said, that so far from being able to answer for the perfection of the instruments which they sell, a great part of the dealers in this article are not even capable of communicating to a well-wrought razor that exquisite degree of keenness which experience and skill have power to bestow.

We have recommended it to our readers to lay their razors flat on the hone, when they are going to set them; and have asserted that, in this manner the operation should, in general, be performed. We know of but two exceptions to this general rule. These exceptions take place, first, when the razor (properly formed), is intended for a beard of unusual strength; and secondly, when (though not intended for a very stiff beard,) its breadth is too great, or its back too thin, to admit of its edge receiving, by flat setting, a sufficient degree of firmness for the purpose. In these cases, the back must be raised a little during the finishing of the operation, in order that the strength of the edge may be proportioned to the degree of resistance it will meet with. In our opinion, such cases are, comparatively, rare. However, when they do occur, great attention and a steady hand are requisite.

We are aware that the propriety of the general rule we have laid down has been controverted and denied. We are aware, too, that it has been denied by a person whose professional merit entitles him, even in our opinion, to the most respectful attention. But we have no hesitation in saying, that we feel no doubt on this subject; and we imagine that the manufacturer we speak of would, on re-considering the question, depart from his former opinion. Let the public, however, decide between us.

Objections to Mr. Savigny's Method.

Mr. Savigny begins with observing, that "the manner of setting a razor, as he has *constantly* heard prescribed, is to apply it flat on the hone, observing that the back and edge touch at the same time; and that surely a man, without the assistance of a supernatural genius, may easily perceive, that though this may sometimes be a proper direction, it cannot however be always so."—Thus far we agree, but this is not the point at issue between us. He adds, that "he thinks he may venture to say, it can very seldom take place, as the circumstance that gives it propriety, is very rarely found; it depending upon the thickness of the back being exactly proportioned to the breadth of the razor; that, "admitting this manner of setting razors was proper, with respect to those which had thick backs, it is very

evident that it must be quite the reverse with those of a thin make;—and that hence it appears, how injudicious it is, to lay it down as a *general* rule; for the very circumstance that renders it eligible in the one case, entirely oversets it in the other.”—Surely, in the latter part of this quotation, Mr. Savigny should have substituted the word *universal* for *general*: as, indeed, the tenor of his own argument requires. The truth seems to be that Mr. Savigny had neglected to methodise his ideas, (a very common fault with writers, and, especially, with young writers,) before he began to write; for, otherwise, he would not have fallen into this evident confusion, or have observed so unnecessarily (as he afterwards does,) “that a workman will be always nearer the right, in consulting his own judgment in this matter, than in trusting *indiscriminately* on the thickness of the razor he has to set.” Of indiscriminate dependence on this particular, certainly no workman is capable; and certainly too, though this would be wrong, the rule we have laid down may be generally, and very generally, right.

IMPORTANT MISTAKE IN TAKING MAGNESIA. By Dr. W. AINSLIE.

We have so very frequently recommended magnesia as an excellent corrector of acidity of the stomach, heartburn, and sour belchings, that we think every thing important respecting its proper administration. We are indebted to Dr. Whitelaw Ainslie for some useful facts of this kind. In the most dangerous sorts of cholera morbus, or bile-flux, he found magnesia to be a sovereign remedy—answering better than even the stronger alkaline medicines, potass, soda, or lime-water. He generally gave about two drachms and a half of the subcarbonate of magnesia in tepid water for a dose, and seldom required to give more than one such dose, which usually was sufficient to stop the purging and vomiting, and allay the distressing cramps, by neutralizing the acid which caused them. With magnesia alone, simple as it seems, he says, he has saved the lives of hundreds.

How then, it may be asked, has magnesia failed so often in the hands of others? Dr. Ainslie answers this question by showing that it has been improperly administered. At its failure, says he, given in the manner it appears to have been combined with milk, I am not at all surprised, as in this way its vehicle combined the very principle of acescency, which the absorbent powder itself was intended to remove; and I maintain that no stomach in a deranged state can ever with impunity receive into it milk, in any form, whatever it may do when the digestive

power is undisturbed. If then even with milk, this medicine was found in some cases evidently to be of service, how much more so must it have been without it? In fact, magnesia with milk, on such occasions, I conceive to be the very bane and antidote combined; the one most admirably counteracting any good that could have been expected from the other.

PREVENTION AND CURE OF FEMALE DISTORTIONS.

Among the causes of distorted spines and ricketty shoulders in females, we have always mentioned the various contrivances made use of to mould the human form into a more graceful shape than what has been received from the hand of Nature. A course of discipline, however, we allow for giving grace and elegance to the growing form, if conducted with judgment, devoid of rigorous compression to the expanding organs, and allowing a sufficient alteration and ease, so far from being injurious to the health and strength of the general frame, has a natural tendency to invigorate it. But the greater frequency of the lateral distortion of the spine in our own day, compared with its apparent range in former times, together with the increased coercion and complication of the plan laid down in many of our fashionable schools for young ladies, seems clearly to indicate that some part, at least, of its increased inroad is chargeable to this source.

The simple fact is, that the system of discipline is carried too far, and rendered much too complicated; and art, which should never be more than the hand-maid of Nature, is elevated into her tyrant. In rustic life we have health and vigour, and a pretty free use of the limbs and muscles, because all are left to the impulse of the moment, to be exercised without restraint. The country girl rests when she is weary, and in whatever position she chooses or finds easiest; and walks, hops, or runs, as her fancy may direct; when she has recovered herself, she bends her body and erects it as she lists, and all the muscles are called into equal and harmonizing play. There may be some degree of awkwardness, and there generally will be, in her attitudes and movements; and the great scope of female discipline should consist in correcting this. With this it should begin, and with this it should terminate, whether our object be directed to giving grace to the uncultivated human figure, or the uncultivated brute animal. We may modify the action of the muscles in common use, or even call more into play than are ordinarily exercised, as in various kinds of dancing; but the moment we employ one set of muscles at the expence of another, keep the extensor muscles on a full stretch from day to day, by forbidding the head to stoop, or the back to be bent; and

throw the flexor muscles of these organs into disuse and despal; we destroy the harmony of the frame instead of adding to its elegance; weaken the muscles that have the disproportionate load cast upon them; render the rejected muscles torpid and unpliant; sap the foundation of the general health, and introduce a crookedness of the spine instead of guarding against it.

The child of the opulent, while too young to be fettered with a fashionable dress, or drilled into the discipline of our female schools, has usually as much health and as little tendency to distortion, as the child of the peasant; but let these two, for the ensuing eight or ten years, change places with each other; let the young heiress of opulence be left at liberty, and let the peasant girl be restrained from her freedom of muscular exertion in play, and exercise of every kind; and instead of this let her be compelled to sit bolt upright, in a high narrow chair, with a straight back, that hardly allows of any flexion to the sitting muscles, or of any recurvation to the spine; and let the whole of her exercise, instead of irregular play, frolic, and gaiety, be limited to the staid and measured march of Melancholy, in the *Penseroso* of Milton:

‘ With even step and musing gait ;’

to be regularly performed for an hour or two every day, and to constitute the whole of her corporeal relaxations from month to month, girded, moreover, all the while, with the paraphernalia of braces, bodiced stays, and spiked collars; and there can be little doubt that, while the child of opulence shall be acquiring all the health and vigour her parents could wish for, though it be with a colour somewhat shaded with brown, and an air somewhat less elegant than might be desired, the transplanted child of the cottage will exhibit a shape as fine, and a demeanour as elegant as fashion can communicate, but at the heavy expense of a languor and relaxation of fibre that no stays nor props can compensate, and no improvement of figure can atone for.

Surely it is not necessary, in order to acquire all the air and gracefulness of fashionable life, to banish from the hours of recreation the old national amusements of battledore and shuttlecock; of tennis, trap-ball, or any other game that calls into action the bending as well as the extending muscles, gives firmness to every organ, and the glow of health to the entire surface. In distortion of the spine, ease and refreshment are the great points to be obtained, and whatever couch, or whatever position will give the largest proportion of these, is the couch or the position to be recommended: whether that of supine extension, or relaxed flexure. Dr. Dods, must therefore be wrong in proscribing an extended position in every instance.

Dr. Good informs us that he has at this moment under his care a lady just of age, who for four years past has been labouring under a slight affection of lateral distortion, feeling much more of it whenever she suffers fatigue, or is affected in her spirits. A position strictly supine, and somewhat extended upon a hard mattress or a level floor is the only posture that affords her ease, and takes off the sense of weight on the spine, and oppression on the chest. She has often tried other positions, but in vain. To this, therefore, she has uniformly recourse after dinner, and occasionally also at other times in the day. Pure country air has likewise been of great service, but above all things, sea bathing. She has just returned from an excursion around the Devonshire coast. The first day's journey, though in a reclined position, in an open landaulet, with every attention that could afford ease and accommodation, proved so fatiguing, and produced so much pain in the spine, that it was doubtful whether she would be able to proceed. A better night, however, than was expected, capacitated her for another trial, and the fatigue was considerably less. On the third or fourth day she had an opportunity of beginning to bathe; and by daily perseverance in the same was enabled, soon after reaching Teignmouth, to engage in long walks, climb its loftiest hills, and enjoy the entire scenery, her appetite became almost unbounded, and her lagging spirits were restored to vivacity.

ON RUPTURE OR HERNIA.

As this is an extremely prevalent disorder, and as much quackery prevails respecting its treatment, we think it will be of importance to go into some plain and useful details respecting it. In the first place then, we shall answer the question

What is Understood by a Rupture?

This is a disorder occasioned by a displacement of the bowels or intestines, which, from various causes, are forced from their natural situation.

There are different appellations given to this malady, and they vary according to the part in which the swelling or tumour appears. 1st. When the intestines, omentum, or any other contents of the belly, protrude at the *navel*, it is called the *navel-rupture*; or, by professional men, *exomphalos*. 2dly, When they are forced through the interstices of the muscles of the belly, the rupture is called *ventral*. 3dly, When they appear in the groin, it is called *inguinal*. 4thly, When they descend into the purse, it is denominated *scrotal*. And, 5thly, When in the upper part of the thigh, *femoral*. There are several other species of this malady; but, as they are not common,

we have principally confined our observations to those before-mentioned.

Causes of Rupture.

The descent of the bowels usually occurs in such parts of the belly as happens to be weakest. The intestines may be pushed from their natural seat by immoderate laughter, crying, violent coughing, difficult labour in women, an exertion of bodily strength in carrying or removing great weights, leaping, falls, uncommon fatigue, riding, or immoderate grief. People afflicted with a general laxity of body are particularly liable to ruptures, and this arises from a want of sufficient tone and firmness in the animal system to resist the weight and pressure of the intestines.

Marks and Symptoms of Rupture.

Ruptures may be distinguished from other tumours by the particular part where the injury happens, and by the intestines returning of themselves, or with the assistance of pressure on lying down.

The person ruptured may likewise discover this malady by the following indications. When a swelling takes place, a slight pain is generally felt in the part affected; but, if a portion of the gut be down, or displaced, a universal uneasiness is felt over the whole of the belly, and this is generally rendered more painful by the least exertion. If means be not immediately used to replace the intestines, or if they cannot be returned, the patient will find a difficulty in voiding; frequent retchings will ensue, and the pulse become quick and hard.

The nature of the malady being ascertained, the patient should be extremely diligent in procuring the assistance of an able surgeon; but if that assistance cannot be immediately obtained, he will know how to treat himself with effect by attending to the rules and instructions laid down in a subsequent part of this publication.

Trusses, and the Manner of applying them.

The formation of these bandages is now so generally known, that an elaborate explanation or description of them might be justly deemed superfluous; but, as many improvements have been lately made in their construction, we think it necessary to mention one, which in the course of our practice, we have been induced to prefer.

Those employed in general often produce considerable uneasiness by a too great pressure on the lower part of the hips. This we conceive, we have remedied, by making the pad droop more, and rendering the neck longer and more curved. The

circular steel spring by these means rests higher upon the loins, and consequently must produce a less pressure on the hip-joints, an inconvenience which has been much complained of by those who have been under a necessity of wearing these bandages.

The pad or cushion of this truss is likewise broader than those in general use, with a prominence, or slight elevation, in the middle; while its sides, although not perfectly flat, are considerably more so than those commonly employed. Of this construction, they apply with much more exactness, and fit more firmly on the parts, than when altogether round, as they are commonly made, without any flatness on their sides.

There are many people, however, who cannot bear the slightest compression produced by the truss on its first application. This inconvenience may be remedied in the following manner: Let those who are thus circumstanced, apply a truss, containing a slight steel spring-band, for half an hour, the first, second, and third day; at the expiration of this time, the patient may wear it for an hour the three succeeding days, and so increase half an hour every third day for about six weeks. It may then be changed for one of a stronger spring, and, at the end of three or four months, the patient will be able to bear a truss producing, if necessary, the greatest compression. By observing this treatment, the afflicted person may undergo a considerable degree of exertion, and follow a laborious avocation without inconvenience. It should also be understood, that the stronger the compression of the truss, the greater probability there is of a radical cure being effected.

Patent Elastic Trusses.

Much has been lately said respecting the advantages that would arise from the use of patent elastic trusses; and the inventors of this trifling novelty have not spared either trouble or expense in promulgating their utility. But, as we are convinced that any truss of this description, made without the circular steel band, can never answer any beneficial purpose, but, on the contrary, may prove, in many instances, extremely injurious, we think it necessary to deliver a decided negative as to their general use. Our chief reasons are, that they do not press sufficiently on the aperture through which the gut passes; and, likewise, that they have no fixed point of support, as they bear irregularly on the parts, and consequently their compression must be always unequal and uncertain.—In cases of slight and recent hernia, they may occasionally succeed; but no truss can be depended on, unless it is made with the circular steel spring, which, from its producing an equal pressure, and bear-

ing directly on the opening, renders it more easy and convenient to the patient and more effectual in its operation.

Ruptures in Women.

Females, who have been virtuously educated, too frequently conceal this malady until it becomes incurable: this is a false delicacy, and should never be indulged. Women very often complain of cholic, which they treat with indifference; but which, upon examination, has been found to proceed from a rupture of the navel. On the least appearance of a swelling, those means recommended under the head "Treatment," &c. for reducing ruptures, should be immediately adopted, and a compressive bandage applied.

The efforts of women in labour are frequently the immediate cause of rupture; and, although they are subject to those different kinds already mentioned, yet, from the various accidents attending pregnancy, they are particularly liable to the navel-rupture. Women, therefore, who are afflicted with this disease, should, on the approach of the pains, and during the time of their labour, be particularly careful to have an assistant at their bed-side, for the purpose of making a compression on the navel with a double cloth or flannel, warmed. In every other species of rupture, which the female is liable to in common with the male, the treatment is alike.

Ruptures in Children.

Infants are particularly liable to navel-ruptures; and therefore it cannot be too strongly impressed on the minds of those mothers who suckle and attend their own children, or those who have the care of them, never to wash and undress infants without examining the state of the private parts and the navel. This attention becomes indispensable, as children, when in the cradle, are frequently ruptured by excessive crying, and, if the malady be neglected, the consequences are often fatal, or produce effects which materially injure the system, although they may live to an advanced age.

If a swelling, or rising about the navel be at any time observed, the roller (commonly called the belly-roller) should be made a little tighter than usual; and, if the swelling should continue or increase, it would be advisable to get proper assistance, otherwise, by delay, a rupture may be formed which may be troublesome for life. In this case, a piece of thin sheet-lead, or such as the India tea-chests are lined with, large enough to cover the swelling, folded in a linnen rag, and kept constantly upon the part, will generally reduce it in a short time.

When the constitution of children is debilitated and relaxed,

the following mixture will be found efficacious in strengthening the system.

“Take one drachm and a half of Peruvian bark, in gross powder; half a drachm of cascarilla; boiling water, half a pint; infused for twelve hours. Then strain them, and add elixir of vitriol, thirty-five drops; white sugar, half an ounce; cinnamon-water, one ounce. Make them into a mixture, and give a child, from eight to twelve years old, a dessert spoonful, three times a day, and younger children in proportion.”

In every other species of rupture, the child is treated in the same manner as the adult.

PHILOSOPHY OF VISION.—No. 4.

Vision and Memory of Bees.

In insects, and other animals at the lower end of the scale of life, the greatest differences are to be found, and from our want of direct information slight analogies have frequently been magnified into an erroneous theory. For example, M. Prevost supposes, that the range of the vision of bees is very small from the extreme convexity of the eye, and Rogers has given the opinion a fine poetical turn in his “Pleasures of Memory.” But if bees could not see farther than two inches before them, how could they direct their flight at so great a height as we sometimes observe them to do? It cannot be by the remembrance of scents as Mr. Rogers hints, for bees seem to be wonderfully deficient in memory. We have observed the same bee repeatedly visit the same flowers in the course of a few seconds, apparently quite unconscious that it had already rifled them of their honey.

But we must not found too much on this single fact; for M. Huber, a Naturalist above all praise, observed, that some bees which had been supplied with honey in an open window during Autumn, returned thither in the Spring, though the window had been shut and no honey put there during the Winter. If bees be like us, however, they will be able to remember every other thing better than scents.

M. Prevost’s notion would apply to many other insects, such as the dragon fly, the butterfly, and the ant, whose eyes are all very convex, but as is well remarked by Marceel de Serres, the facts are against the theory, for we observe most of these insects take flight to escape from us long before we get within two or three inches of them. Yet the theory may, notwithstanding, be correct; for their smell, or touch, or some sense unknown to us, may intimate to them the approach of danger.

Eyes of the Snail.

The snail has a most beautiful apparatus for vision. Every

body must have remarked what are called the horns of this animal, which it can at pleasure extend or retract. These are the sheaths or tubes of the eyes which are pushed out to the points of the horns when these are extended; but are drawn within the horns when they are retracted. The horns therefore of this despised and lowly animal are a finely constructed natural telescope, which cannot be examined without admiration.

The eyes of insects are also very different from those of the more perfect animals in their parts and in their numbers. They do not seem to have coats and humours, at least not more than a retina and a semi-transparent membrane before it. This membrane forms in some species a very great number of facettes; 16,000 have been numbered in the two eyes of a fly, and 64,650 in the two eyes of a butterfly, so that if a picture is formed by each facette, a fly must see 16,000 images of every object it looks at. Whether this is the case is not proved, and we cannot tell the reason of so many facettes. It is very wrong to say, as is done in most books, that a fly has 16,000 eyes. In spiders, and some other species which have no facettes, there are more than two eyes: eight is a common number.

Vision of Plants.

The turning of plants to the light in every change of position is supposed by Dr. Darwin and others, to be an indication of sight; but there is no analogy on which this can be supported, for no animal known to have eyes thus turns itself to the light, in the same way as a plant. May not the fact be explained on mechanical principles, and illustrated by the bending inwards of a damp piece of paper when held to the fire? At all events, nobody, not even Mrs. Ibbetson, has yet, so far as we know, discovered the eyes of plants among all the wonders concerning them lately brought to light.

The earth worm, and several species of shell fish have no eyes that can be discovered. The earth worm, however, must have some sense by which it perceives the light; for we have observed when collecting them by night for trout bait, that they withdrew into their holes the moment the light of the lanthorn fell upon them. It would be worth while making some experiments of this sort, and it could easily be done any time during Summer, as they issue from the ground after sunset, and remain with about two thirds of their body out of their holes the greater part of the night.

GOURMANDERIE FOR NOVEMBER.

Now again the season of feasting and enjoyment commences ; and November, though proverbially the gloomiest month in the year out of doors, is rich in all the delights of the table—beef, mutton, veal, pork, and houselamb, as well as fish, poultry, game, and wild-fowl. Thus, by an admirable provision in the economy of nature, at the season when the human appetite is increasing in strength, the means of gratifying it are multiplied. Among the infinite variety of dishes formed, or compounded of these elements, it is difficult to distinguish any one which peculiarly belongs to this division of the year ; the difference of taste or choice being most observable at the period when its objects are most diversified. We may remark, however, that pork, during the Winter months, is in universal request, not only as being of itself an excellent plain dish, either roast or boiled, but as affording the chief ingredient in the composition of sausages, &c. When boiled, its usual escort is pease pudding. In the important department of soups, hare soup may be noticed as the most rich and delightful, since it is proved by experience, that no gravy can be extracted from the flesh of any animal equal in richness to the hare.

Above all the delicacies of November, the turkey stands pre-eminent. It is dedicated to St. Martin, as beef is to St. Luke, and the 11th of the month ought always to be held sacred by the sacrifice of a turkey. Whoever loves turkey, (and who does not ?) ought not to hate the Jesuits, as it was those good fathers that introduced the delicate bird into Europe. Some came from India, and some from Numidia—but what signifies that, provided they be tender. If you would spoil your turkey by boiling it, you may do it in the best manner by stuffing it as you would a fillet of veal, putting the liver and gizzard under the pinion, and throwing it into boiling water with a quarter of a pound of mutton or beef suet chopped fine, four slices of lemon, and a piece of bread. Boil it gently till enough, and serve it up with celery, oysters, and white sauce. It is only when old and rather tough that turkey should ever be dressed in this way. If you have a fine young tender bird, after stuffing it *à la Gourmand*, it must be papered over, roasted, frothed up, and served with the gravy and bread sauce in a boat ; or larded all over the breast, and served with mushroom or ragout sauce, or with sauce *à l'Espagnol*. Turkey, however, is most in its glory when braized or stuffed with truffles, and served with truffle sauce under it. The

truffles should be put into the breast of the turkey a week before it is dressed.

Turtle.

Among the delicacies of the Lord Mayor's dinner, there is always sure to be a profusion of the great aldermanic delicacy—turtle. We shall here give the best directions for preparing a turtle of thirty pounds weight for soup. After the head is off, hang up the turtle to drain, cut the fins out close to the shell; take off the under shell, called the callipee, and separate the flesh from the entrails. Take six inches off the upper shell all round, called the callipash. Scald the shells, fins, and head in boiling water half a minute, skim them, put the fins, head, and shells in one pan, and the meat part separate in another. Cover each over with good beef broth, with a bunch of sweet herbs, viz. parsley, marjoram, thyme, basil, and sage, with two bay leaves, three onions, and a spoonful of allspice. Let them boil till tender—the flesh part will not take more than one hour and a half, the fins the same time, but the shells must boil till quite tender. Now strain off the liquor, take the bones out of the shells, and meat while hot. When cold, cut it out in small pieces, take two pounds of butter in a large stew pan, with six chopped onions, two spoonfuls each of the powder of marjoram, sweet basil, parsley, mushrooms, and thyme. Boil in butter four or five minutes with a pound of flour, a spoonful of mace and allspice together in powder, pepper, and salt, and the rind of a lemon. Put all the liquor that was strained, by degrees, to it, and a tea-cupful of ketchup, with one tea-spoonful of cayenne pepper. Boil together half an hour, and strain through a tamis sieve. Put the turtle that was cut in pieces in this soup, and add force meet balls, and egg balls, with a pottle of mushrooms boiled in gravy, and one dozen of morels. The upper part of the shell is often mistaken for green fat, but a small portion of that article is found in the inside of the turtle, and must be taken care of and boiled only in the soup. Some use the entrails and liver cut in pieces, but it is of no use, and only gives the turtle a bad flavour. When wanted for use, in heating three quarts, add half a pint of Sherry or Madeira to it, as it would spoil and turn sour if the wine was put to it altogether. It is best to keep it in flat dishes, in small quantities.

Turtle Pie.

Cut the meat off the shoulder in thin slices, raw. Season it with pepper and salt, a spoonful of chopped onion, parsley, and thyme together, and a drachm of mace and allspice. Put it in a

dish, with a few slices of fat bacon between; cover it with puff paste; bake it an hour and a half, and when done pour in half a pint of brown sauce quite hot.

ECONOMY OF A COUNTRY HOUSEWIFE. BY MRS. ELLIS.

Supposing that a vigilant regard is duly observed by our country housewife, in securing her household and other goods from waste and the rapine of domestic and other thieves, I proceed now to further advise her. First, to lay out her money to the best advantage in buying of provisions not of her own produce, always remembering she cannot well lay out her money worse than buying her sugar, plumbs, candles, cheese, cloth, &c. at petty chandler's shops. I have known a pound of treacle sold at such a shop in the country at the rate of 4d. per pound, when in London I have bought it for about five farthings, taking half a hundred weight together; for this is what I am seldom without, as it saves sugar in pies, lessens the consumption of malt, and is of great service in curing colds in man or beast. Much also of the same bad housewifery may persons be guilty of, to a great loss, in buying tea, coffee, spice, and many other things, at such shops, and especially where chalk is made use of, for then many buyers dare hardly find fault. Thus there are many parcels of whey butter, or second butter, sold for prime butter, bad running tallow candles sold for good ones, nasty dripping fat (which is often bought by the necessitous or ill housewife) for pure fat, West India coffee for right Turkey coffee, though it is cheaper by one shilling or more in a pound. Oatmeal and salt are commonly sold at these petty shops by a wooden measure, from half a pint to several other quantities, and thus retailed, to the prejudice of the poor buyer, who hereby comes off with scanty measure.

The next thing I have to advise our country housewife, is to keep one or more pair of scales by her, in readiness to weigh the goods she buys. A person of my acquaintance paid for half a pound of hops, at a chandler's shop in the country, and when at home (on weighing the same) found a full ounce wanting, upon which he upbraided the seller, who for excuse said, their wooden scale was foul by weighing flour in it, which caused the mistake. Again, where any shopkeeper asks extravagantly more than the commodity is worth, I would not deal with such a one; and it is for this very reason, that I have known some miss nearer shops, to go three miles farther in the country for buying their linen cloth, because the shopkeeper was at a word in asking a reasonable price, and therefore a fool or an infant

may be safely sent to such a market. And the advantage of this way of dealing is manifest in the character given by a tailor, who being asked where cloth for a coat might be bought at the lowest price, answered, at such a Quaker's shop, for that he will not ask above two-pence in five shillings more than he will take. Some of our churchmen having since taken this hint, and to prevent the Quakers monopolizing of custom, have got into the same way of dealing.

It is also very ill housewifery to buy bacon or pickled pork at shops (as is done by thousands) where there is a conveniency to prevent it, by feeding swine at home. Thus, to keep the most serviceable victuals of all others at home, is to command in a great degree the butcher's shop; for if servants can't live upon a piece of bacon or pickled pork, and a pudding or apple dumplings for dinners and suppers, let them fast, I say. It is what I observe for most part of the year, or else I think I should not get much by farming.

The brewing of beer at home, where conveniency will allow it, and keeping it to a right age, is certainly good housewifery. For to buy it abroad, and thereby pay excise, is extravagant management indeed; or to drink new beer, is not acting the saving part, because it quenches not drought like older, neither is it so wholesome.

The baking of bread at home, where it can conveniently be done, for a large family, will certainly pay much better than to buy it of bakers; for as home-baked bread may be made closer and heartier than theirs, it will last the longer in the stomach, and thus go farther than sale bread. But this is not all the inconvenience attending the buying of goods at petty shops; for where the shopkeeper is of the gossiping sort, they have a cow's tongue (as we call it in the country) a smooth side and a rough side: such persons will get all the intelligence they can of your affairs, and if they are prejudiced against you, they will make an ill use of it, to your disadvantage; which is what I have known done, to the woful experience of several. Therefore take care, not to give your children or servants an opportunity of being corrupted by buying things at such a shop. If any shopkeeper should slander or backbite me unjustly, they may be assured (if I sent farther for my goods) I would not deal with them: and if all persons would observe to do the same, we should prevent that infinite number of inconveniences which have happened for want of such precautions.

The keeping of servants at home must redound to their masters and mistresses profit, for according to their management, they may be made either serviceable or unserviceable.

I never knew a farmer thrive that let his servants stay long, or lie out at nights, to go to common dancing or drinking bouts, &c., which are the bane of youth; nor who let them lie too long in bed, or stand idle for want of appointing them work in due time. Remember, that the eye of the master or mistress forwards business, and to rise at five is the way to thrive.

AN OLD WOMAN'S COLLECTION OF RECEIPTS FOR THE CURE
OF ALL DISEASES. BY THE SAME.

Pleurisy cured with Camomile.—To do this, our country-women, before they bleed, try camomile, by boiling a boy's handful of it in a pint of middling ale a little while; then strain, and sweeten it with treacle, and as soon as it is drank, go to bed, laying the boiled camomile to the side where the pain is.

Hoarseness cured by Figs and Brandy.—Take three figs, split them and toast them, and then put them into half a quartern of French or old molasses brandy; eat the figs going to bed, and in about eight minutes after, drink up the brandy.—Or, bruise four ounces of figs, eight ounces of prunes, and four large cloves of garlick; boil in three pints of milk, strain and sweeten with candy or sugar, take some hot going to bed, and continue it for a cough.

Hoarseness cured by Treacle and Water.—Take three or four knife-points of treacle in your mouth, and then directly drink a draught of cold water after it, and go immediately to bed. It will sweat you, and is by some thought to be the best of medicines for this purpose.—Another wraps up a piece of butter as big as a walnut in sugar, and swallows it.

A Tympany cured.—Mr. Caser, whom I knew, was a famous surgeon-apothecary and man-midwife, at Stroud, in Kent, whose wife having a tympany, or very large swelled belly, it failed her husband and all the skill of his acquaintance to cure her, till happily a beggar-woman advised her to apply camomile dipt in spirits of wine, which effected a cure, and she out-lived her husband.

Vomiting stopt.—Boil mint and camomile in water, sweeten the strained liquor with treacle, and drink it, but apply the herbs hot to the belly; it has cured my servant when other things failed.

To cure a Cough.—My landlord assured me that the following receipt is an infallible cure for a cough:—Boil two ounces of Spanish liquorice with three cloves of garlick, in a quart of

spring water, till it comes to a pint; take a spoonful of it now and then, as the fit happens.

For an Asthma.—A man was kept many years alive by drinking (as his common drink) rum, water, and sugar. Whey is good, and beer almost poison.—One Daniel Watkins, of Long Marson, near Aylesbury, declared to me, that he was cured of an asthma by swallowing young frogs.

Mr. Justice Duncomb, of Barley-end, in Bucks, laid much stress on the following remedy for a cough:—Boil, says he, bran in water, strain, and sweeten with sugar-candy.

A farmer's wife used to put pepper into a pint of ale, and drink it going to bed. It has cured in one night's time.—Or swallow a pint of cold spring water going to bed; it will cause you to sweat, and make a cure.

For Cough and Asthma.—Take five or six figs, as many cloves of garlick, and eight or ten prunes, stoned and bruised; infuse all in a pint of rum, and fill up if occasion with another pint, taking now and then some of it.—The landlord at the Bear Inn, at Southampton, told me nothing excels it.

Sir Hans Sloane's Medicine for an Asthma.—Take the yolk of an egg in a glass of rum now and then; it is a most excellent remedy.

Famous Cure for a Cough and Spitting of Blood, by Balsam of Sulphur.—Drop ten drops of balsam of sulphur on a piece of loaf sugar, and swallow it; it will cause a cold to begin breaking directly, make you spit, and heal the lungs. The Duke of Bridgewater's farrier tells me, that he had such a violent cough, as to bring up much blood in clots, which he thinks must have terminated in an ulcer on his lungs and a consumption, had he not been cured; but he cured himself by taking twenty drops of balsam of sulphur in a tea spoonful of treacle twice a day, for several days, which directly stopped his spitting of blood, and cured him; but it was not the same with the following person.—Thomas Cely, a servant at Barley-end, having a cough that made him spit blood, was ordered by Dr. Woodhouse, of Berkhamstead, to take balsam of sulphur, but it did not answer; upon this he applied himself to one surgeon Rowland, of Aylesbury, and his remedy did not do; at last there happened to be two physical professors at Tring, who said one to the other, come we shall lose this good pot-companion, if we don't do something better for him. Upon which, they ordered him to boil raisins, figs, coltsfoot-flowers, sassafras, liquorice-powder, and one spoonful of anniseed, in three quarts of spring water, till it came to three pints, and drink it at discretion. Cely said, he found much benefit at the first taking of it, and was thio-

roughly cured by it afterwards.—It was thought the balsam was too hot for his constitution in the quantity it was given him.

For a Common Cough.—Boil one ounce of butter, one ounce of honey, and a sprig of rosemary, in half a pint of milk, and drink going to bed; but treacle is thought by some to be better than honey.

Another Receipt for a Cough.—Boil a spoonful of honey, and a spoonful of mustard, in less than half a pint of white-wine vinegar; let it but just boil up, and when cold enough, take it going to bed; it has cured when other things have failed by giving a breathing sweat.

Another.—Make a tea of horehound and ground-ivy.

A Smith cured of a Consumptive Cough.—This smith lived near me, when he told me the following medicine cured him of a cough of two years standing:—He put a handful of rue and a sprig of wormwood into a two quart large-nosed glass bottle of ale, and after they had been soaked a day and night, he drank half a pint at a time, in the morning and at going to bed; when out, he filled up the bottle with more ale, and afterwards he put in fresh herbs and more ale, and thus cured himself; otherwise he thought the cough would have brought him into a consumption.

A Family Syrup to cure Coughs.—Coltsfoot yellow flowers blow in March and April, and one of our country housewives makes a syrup of them to keep all the year by her, for curing her family of coughs. Or boil a quarter of a pound of raisins stoned, with some horehound, in a quart of ale, and a quarter of a pound of sugar-candy, till a third part is wasted; take a coffee cupful night and morning.

A fine Remedy for a Cough or Cold.—Put twenty-four cloves of garlick into a pint and a half of coltsfoot, mint, and hyssop-water; boil the cloves till they are tender, then lay them on a plate. This done, take the liquid part, and add to it half a pint of the very best white-wine vinegar, and one pound of sugar-candy, which boil gently till it comes to a syrup; when cold, let the garlick lie in it.—Directions for taking it:—Take two cloves in a spoonful of the syrup every morning, and fast till dinner; at night only one spoonful of the syrup; continue at discretion. It is said, that nothing is better to cure a cough or cold, or to preserve the lungs, and create an appetite. Another boils a whole head of garlick in two quarts of water to a quart, then puts in a pound of sugar-candy, and boils it to a pint: take a tea spoonful frequently.

A poor Family's Remedy for a cough.—They take brandy

thickened with sugar, or (better) brandy, coarse sugar, and sweet oil mixed.—A whooping-cough has been cured in children, by putting coarse sugar between sliced turnips; or sugar-candy in the liquor.

Sore Throat.—Our country housewives mix honey and pepper together; or turn a fig inside outward, and put powdered race-
ginger on it; or boil rosemary and sugar in milk.—Or you may make a good gargle for a sore throat, by adding pepper or powdered ginger to the above cough medicine, consisting of honey, mustard, and vinegar. This warmed, should be frequently used to gargle the sore part of a throat, and applied now and then with a liquorice stick.—Another of my neighbours drops Hungarian water on loaf sugar and swallows it.—Squire Williams, of Devonshire, mixes best brandy with a little water, and swallowing it several times a day cures him.—Another for a cough or sore throat holds a large pewter spoonful of honey over some embers, till it is melted thoroughly hot, and takes it very hot going to bed; this is much practised in Hertfordshire.—When the palate of the mouth is down, boil pepper in milk with butter and rosemary; take some now and then very hot, and stroke under your jaws at the same time.—Or as soon as the throat begins to be sore, wrap pepper in a piece of fresh butter about the bigness of a small walnut, and when the butter is covered all over with the pepper, swallow it. This has proved a present cure.

PHILOSOPHY OF SLEEP. BY M. ADELON, OF PARIS.

We scarcely need say, that really nothing is known of the manner in which the state called *sleep* is produced, or of the changes accompanying it on the internal parts of the system. We cannot tell whether it is seated in the brain or in the nervous system, or whether it is confined to either. We must be content to limit our notions respecting it to what we observe and feel.

Every one's personal experience, however, tells him plainly enough what it is we call *sleep*. It is that suspension of action which from time to time forcibly establishes itself in our system, and which for the most part while it continues deprives us almost entirely of our understanding and volition, and even of the consciousness of our existence; at the same time repairing the worn out energies of both mind and body, and fitting them for renewed action. In sleep, the mind, except when we dream, seems not to act at all; and the difference between dreaming and the operation of our minds while we are awake, is sufficiently striking and obvious.

Although sleep repairs the mental and corporeal energies, when they have been worn out by exertion, yet the return of sleep is not deferred till our powers have been subjected to a certain fixed quantity of exertion, nor has nature trusted for their repose, to the intimation given us by the pain arising from the great exertion of them. After being awake for eighteen hours, or even less, sleep urges itself upon the idle and listless, no less than upon the most active. As subjection to sleep is essential to life, it proceeds to take possession of us with a power that is irresistible. Its first approach is announced by a peculiar sensation, with desire of repose being felt, which, though it cannot easily be defined, is well enough known by every one who has experienced it. This sensation is also naturally attended with a disposition to give one's self up freely to sleep. When I say a sensation, I do not mean a feeling produced by the application of something externally to the body, but a feeling arising from an organic cause,—that is from the particular state of the organs consequent on their periodic exercise. No sooner has this sensation manifested itself, than the different organs are felt gradually to lose their activity. Every moment they perform their functions, with greater reluctance than the moment before. And at last the instant arrives when they altogether refuse to act. But they resign themselves to sleep in a certain order, some more readily than others. The voluntary actions of the muscles accuse the organs of sense, &c., of the numbness which has seized them. The eyes cannot remain open, but shut ever and anon, notwithstanding the utmost exertion to keep them open, and thus intercept our view of the external world. The arms fall mechanically on the sides of the body. By and by the standing posture can no longer be maintained:—the lower members bend under the weight of the body, the head falls forward on the breast, and the body bends in the same way. In short, a person in such a state finds it quite necessary for him to go to bed to rest, because it is in the lying posture alone, that the whole weight of the body is mechanically supported. Before the muscles, however, become completely relaxed, the brain has, in general, suspended all intellectual labour.

After retiring to rest, all the voluntary actions of the muscles are again soon suspended, if we except those of respiration alone. As for respiration, it at first undergoes a slight impression of languor; its motions are interrupted by sighs and yawning, and at last these are effected with the diaphragm alone. M. Broussais also excepts the muscle of the eyelids,

which he says still acts, seeing it contracts to shut the eye and prevent it from being disturbed by the light. The voice and the speech are the first to manifest the impression of stupor; they become by degrees feeble, confused, and stuttering. If the person wishes to resist the numbness which steals upon him, he makes an effort to move. He sets himself with all his power to stretch his joints, in order to retain if possible the muscular energy which he is just losing. But in endeavouring to do this, he experiences convulsive movements in the muscles. He rubs his eyes, has recourse to a thousand modes of excitement; then sighs and yawns, though he should do his utmost to prevent it. The air being thus copiously admitted into the lungs, he resigns in a certain degree his energy and vivacity. But the efficacy of every excitement of this sort soon ceases. The senses act more feebly, and at last refuse to act altogether. The sense of light ceases first, then that of taste; the senses of smelling and hearing also soon lose their power of acting, though unlike the preceding they are still accessible to the means of their excitement, odours and sounds. At length the sense of touch itself is extinguished, although the body, of necessity, continues to touch objects.

In like manner all internal sensations vanish, although their causes exist at the same time in their full force, I mean hunger, thirst, pains of every kind, &c.

It has been said that when a person is falling asleep the brain leaves off intellectual labour, and volition ceases. From the first appearance of the *symptoms* as they may be called, which we have been describing, the intellectual and moral powers partake of the languor which has struck the whole system. First the influence of the will over all the actions which it regulates is weakened, and at length it is reduced to nothing, and annihilated. For some time ideas are still formed, but as they are no longer under the control of the will, they are confused and constitute, as Cullen has observed, a sort of delirium; at last ideas cease altogether; there are no longer perceptions, no longer mind. Without sense or motion, immoveable and insensible, he has none of the properties which constitute the living being left him, except the principle of life itself: the dominion of sleep is established. This scene, indeed, passes more or less quickly according to the individuals; but, in general, persons at first only doze, but afterwards fall sound asleep.

But whilst all the senses and mental faculties thus suspend their operation, the process of nutrition continues unaffected. If the stomach contain alimentary matter, it operates in digesting it. The absorptions proceed, by which the products of

digestion are conveyed to the different parts of the body, to maintain their integrity, by making up for their constant loss of matter. Respiration imparts, without interruption, its supply of the living principle to the blood; without interruption also, the circulation carries this fluid to all points in the system. Every organ receives its nourishment, and its proper temperature is sustained. In short, the different secretions take place the same as in the waking state. Nay more, it is said, that the whole process of nutrition goes on with greater energy, in the sleeping than in the waking state. Digestion appears to be favoured by sleep, from this, that the different species of all kinds of men in the savage state and animals give themselves up to sleep as soon as they have satiated their hunger; the same thing appears likely from the practice of the *siesta* or *nap*, which has spread itself very widely among some of the most polished nations of modern times, as well as from the custom the ancients had of reclining on couches at their meals. To shew that the same is the case with absorptions, we need only remark that contagions are more easily propagated during sleep, and that sleep prolonged to excess tends to produce corpulency. Breathing also appears to go on at a greatly increased rate; for independently of the circumstance that the inspirations are then deeper, we may believe that the absorption of the internal surface of the lungs is greater; judging from the greater readiness with which disease is communicated by contagion during sleep. The same is the case, it is said, with the circulation of the blood, not that the pulse is more frequent, (for it is slower) but because it is fuller. The organs of nutrition seem also to be more energetic, as do those which supply the animal heat. It is true that during sleep, persons are more sensible to external impressions of cold and heat than while awake; but it appears that the temperature of the body rises a little in this state; at least people often go to sleep cold, but they always rise hot. In short, the secretions also are said to go on more actively, and the perspiration is more abundant. Thus whilst the exercises of intellect and sensation are suspended, those of the body which are strictly *organic* proceed with redoubled energy. This assertion, however, has been contested, and that very plausibly. In support of it we could alledge some of the greatest authorities as well as the most ancient.

The functions of mind and sense being thus suspended, the body will be found to have assumed a half bent posture. The reason of this is, that it is the posture in which the different muscles are naturally in equipoise, and in which no

muscular action is exercised. This statement must not, however, be taken in all its strictness. There are numerous exceptions arising from the particular habits of different individuals. It is well known that persons very often affect a particular position in their sleep. And not only so, but people can bring themselves to sleep in attitudes which imply the continued exertion of some muscles.

PIMPLES, AND THEIR VARIETIES.—No. 2.

We now fulfil our promise of continuing this interesting subject. We have already described two species of pimples that are very common, namely, the worm pimple with black points and the small red pimple. We next proceed to describe

The Livid Buttony Pimple.

By the Doctors who talk mysteriously, this species is denominated *acne indurata*, and differs chiefly from the small red pimple by the larger size of the tumour and its more tedious continuance. The cause is evidently the same ; but the constitution of the individual different. They very usually occur in those who are affected with piles, which are well known to depend on disorders of the stomach or bowels ; and on bilious obstructions or other diseases of the liver. In women they are a frequent concomitant of irregularities and obstructions, and when this is the case no time should be lost in following the advice given at page 89 above, and particularly the admirable remedy of Dr. Lavagna. In some instances the health does not seem to be affected ; but even in these cases, as we have remarked under the last species, some lurking disorder of the liver or stomach may always be suspected, and ought to be carefully watched and remedied.

Dr. Bateman describes this species as larger, harder, and more permanent than the preceding, and they may always be distinguished by their dull red or livid purplish colour.

They rise often in considerable numbers, of a conical, or oblong conoidal form, and are occasionally somewhat pointed as if tending to immediate suppuration, being at the same time of a bright roseate hue ; yet many of them continue in a hard and elevated state for a great length of time, without any disposition to suppurate. Others, however, pass on very slowly to suppuration, the matter not being completely formed in them for several weeks, and then only a small part of the pimples are removed by this process. Sometimes two or three pimples coalesce, forming a large irregular button which occasionally suppurates at the separate points, and sometimes only at the

largest. In whatever mode they proceed, the vivid hue of the pimples gradually becomes more purple or even livid, especially in those which show no tendency to suppurate. Slight crusts form upon the suppurating pimples, which, after some time fall off, leaving small scars, surrounded by hard buttons, of the same dark red colour; these sometimes suppurate again at uncertain periods, and sometimes slowly subside and disappear, leaving a slight purple or livid discoloration, and occasionally a slight depression, which is long in wearing off.

The pimples, even when they do not suppurate, but especially while they continue highly red, are always sore and tender to the touch; so that washing, the friction of the cloths, &c. are somewhat painful. In its most severe form, this eruption nearly covers the face, breast, shoulders, and top of the back, but does not descend lower than an ordinary tippet in dress: yet this limitation of the disorder is independent of the exposure of those parts; for it occurs equally in men and women. In a few instances of young men, Dr. Bateman has seen an extensive eruption of this kind affecting these covered parts, while the face remained nearly free from it. By the successive rise and progress of the tumours, the whole surface, within the limits just mentioned, was spotted with red and livid pimples, intermixed with the purple discolorations, and depressions, left by those which had subsided, and variegated with yellow suppurating points and small crusts, so that very little of the natural skin appeared*.

Best Treatment.

The livid buttony pimple may be advantageously treated precisely as in the last case, with this difference, that we may here make the lotions more piquant and stimulating, it being the best thing to promote the suppuration of the pimples. Mr. Plumbe affirms, indeed, that there is always some little suppuration, and a small collection of matter† though it is too deep-seated to be squeezed out, and too severe a measure to have recourse to the lancet.

The French practitioners use very strong stimulants, such as muriatic acid, and nitrate of silver, but these we should prohibit except in the most skilful hands and in a weak state of dilution. Mr. Plumbe recommends the pimples to be pricked with a needle or a lancet, in order to irritate them and spur them on to suppuration. When this has been accomplished, the matter is to be squeezed out, and if any blueness or hardness remain, sponge the part slightly three or four times a day with a remedy we have more than once mentioned, viz :—

* BATEMAN, page 288.

† PLUMBE on Diseases of the Skin.

Mr. PLUMBE's *Pimple Wash*.

Dissolve two grains and a half of oxymuriate of mercury in four ounces of spirit of wine.

Keep it in a close stopped phial for use.

It would be altogether unnecessary to enlarge farther on the treatment, as careful attention to what we have directed for the preceding species, will be equally useful in this, particularly the constitutional treatment and the beauty training.

The Bardolph Pimple or Eruption.

We are quite certain that none of our fair readers, at least under the age of fifty, will require to look into our remarks on these species: we had some thoughts indeed of omitting it entirely, but we would rather that our little work contained a few supernumerary pages, than that it should be considered in any point deficient or imperfect. Dr. Willan and Dr. Bateman call the Bardolph eruption *Acne Rosacea*. In many instances it cannot with propriety be considered a species of pimple, being rather an extensive efflorescence of the skin. It never or rarely occurs from the same causes, or in the same constitutions as the three preceding varieties, but usually appears in those who have been long accustomed to high seasoned food and made dishes; who have indulged in pickles, and more particularly in habitual potations of wine, ale, and other strong liquors. It is a very common attendant on the gouty, and on those who have disordered their livers and bilious system by indolence and high living, or a residence in hot climates.

The immediate cause is, however, much the same at first, as in the preceding three varieties, and the nose becomes first affected because the little moisture pipes are obstructed, and the skin is in consequence partially irritated and inflamed. It is only however, after long continued or repeated attacks that this establishes itself, and becomes what may be expressively called the Bardolph eruption.

In addition, says Dr. Bateman, to an eruption of small suppurating pimples there is also a shining redness, and an irregular bumpy appearance of the skin of that part of the face which is affected. The redness commonly appears first at the end of the nose, and afterwards spreads from both sides of the nose to the cheeks, the whole of which, however, it very seldom covers. In the commencement, it is not uniformly vivid; but is paler in the morning and readily increased to an intense red after dinner, or at any time, if a glass of wine be taken or any sort of spirits, or the patient be heated by exercise, or sitting near a fire. After some continuance in this state, the texture of the outer skin becomes gradually thickened, and its surface uneven or buttony, and variegated by a net-work of enlarged veins.

According to Mr. Plumbe, collections of matter are frequently concealed under a smooth red buttony swelling for weeks, without its existence being suspected. From the protraction of the complaint, every part of the tip and sides of the nose is affected with such eruptions, and the moisture glands and their little pipes become completely destroyed. A careful examination of the parts in the earlier stages of the disease will, in most cases, lead to the detection of small and deep-seated collections of matter, which, upon being let out with a needle or the point of a lancet, will cause the swelling and redness of the skin to disappear, and if the fomentations of warm water and frictions with mild soap and a soft brush be persevered in, along with plain diet and abstinence from high seasoned dishes, pickles, cayenne mustard, and strong liquors—a cure may in time be effected. The acidity of the stomach, so usually present in cases of this kind, must be treated as so often directed in the foregoing pages.

COUNTER JOBBING, AND QUACKERY OF APOTHECARIES.

Quacking is not confined to self-called and self-dubbed doctors in medicine. You will find quackery—shameless and disgraceful quackery in almost every drug-shop, whether the proprietor choose to call himself a chemist or an apothecary. As this growing abuse has not hitherto been unmasked and exposed, as it should have been by that portion of the press which pretends to open the eyes of the public, but often, as we know, is either bribed to silence, or even to the actual puffing of knavish and extortionable articles—we shall forthwith endeavour to do justice to the subject and to our readers.

We therefore denounce all those chemists, druggists, or apothecaries as undoubted quacks, who aid and abet the sale of secret or patent medicines, whether these be their own manufactures or the preparations of others. Unblushing money-making fellows they must be who sell such humbug articles of imposition as Tonic and Digestive wine, Velno's syrup, Gowland's lotion, Balm of Gilead, Kalydor, Anti-scorbutic drops, Infants' balm, Absorbent lozenges, Anodyne necklaces, Life pills, Specifics for gout, Worm cakes, Godfrey's cordial, and a thousand other things of the same kind at extortionable prices, and to the imminent hazard of the health and lives of the buyers. If honest John Bull will dose himself, in the name of common sense, let him keep to known medicines, and not give up his stomach to be a warehouse for quack poisons. This evil, however, great as it proves to be, is nothing when compared with the regular quackery of the drug shop counter.

The case is this. You have some slight ailment which you think the apothecary can remedy, and you attend him at his counter. "Another fish in the net," whispers the shop boy to his master, who immediately sets about studying the best way of fishing money out of your pocket. He accordingly recommends for your complaint whatever will bring him most money, whether it be a box of ointment or a box of pills, a draught, a blister, or a phial of drops. An upright conscientious man would, in nine cases out of ten, prescribe some particular diet, clothing, or exercise, and the drugs would be the last thing to come into his mind, as they are always first and only in the thoughts of the drug-dealer. We say without fear or without hesitation, that such a practice is discreditably and dishonourable, and those who cannot earn their living otherwise well deserve to starve. The honourable members of the profession despise and lament it; but it has lately prevailed so widely, that it has almost ceased to bring disgrace to the parties.

A still worse case is that of the physicians who league with apothecaries to prescribe draughts by the quart and the gallon, so that you have not only the physician to fee, but you have a whole shopful of draughts to pay for besides; if you swallow them (though few patients are fools enough to do this) you will infallibly derange your stomach, and make another job of pocket picking for this pair of blood-hounds, the humbug physician and his job apothecary, who always hunt in company.

If the physician gives gratis advice, you may be almost certain he is in confederacy with some apothecary, who allows him part payment upon all drugs and prescriptions for which he thus procures customers. These abuses, and many more, are so notoriously known to every body, that we wonder they have not, ere now, been taken public notice of, and put down, either by general acclamation, or by the law of the land.

Let every man live by his business; but let that business be fair, honourable, and upright, in principle and practice. Now we say it is neither fair, honourable, nor upright, in an apothecary to stuff as many drugs as he can into the stomach of his patients. In midwifery cases, for example, nothing can be more injurious, generally speaking, than drugging either the mother or the child; yet it is the well known order of the day, at least in London, for the man-midwife to make more by his drugs than by his fee for the delivery. We know one case where both the mother and child did well from the first; yet the scoundrel doctor sent in, during the month, no less than 100 draughts and powders. To conceal the humbug, he pretended that he had no advantage in the sale of the medicines,

which were merely made up from his prescriptions at a neighbouring shop. This shop, however, was secretly his own, and the pretended proprietor of it his hired shopman. This drugging knave boasts that he is now making 1500*l.* a-year by his iniquitous proceedings, and chiefly among the middling and working classes.

The flagrant nature of such infernal work going on in the bosoms of our families, ought, we think, to rouse every man to come forward and help to purge the country of this drug plague. The best means, perhaps, of accomplishing this would be by public meetings to represent the national grievance to the attention of parliament. There never was a more favourable opportunity for such a measure; as the members seem not to be overburdened with business in either house. The stamp act, which protects the sale of quack medicines, the apothecaries' act, and the charters of the medical colleges, which legalize a nefarious monopoly, ought to be abolished or reformed; and that they may be so, it is requisite that a spirited public representation be made of the extensive evils produced by them upon almost every individual in the empire, calling loudly upon all to raise their voices against them.

We are quite convinced that our two popular—and deservedly popular ministers, Mr. Canning and Mr. Robinson, would at once agree to any rational proposal coming from the people, the object of which might be to abolish medical humbug, the iniquitous drug-jobbing of apothecaries, and the poisonous stamp-protected trash of quacks. We hesitate not to say, indeed, that more of his Majesty's subjects are annually murdered under the auspices of the stamp act, and the imposing look of the royal arms on the quack bills, than were ever destroyed by typhus, small-pox, or consumption. Yet parliament would not hesitate to vote away thousands of the public money, for the abolition or amelioration of these diseases, though it legalizes, with monstrous inconsistency, the patent act, the stamp act, and the apothecaries' act, which do more diabolical mischief than the plague itself ever produced. We pledge ourselves to keep the subject steadily before the public, till the overthrow of drugging and quackery is completed, by the revision of the existing laws, which establish and protect them.

BLISTER AMUSEMENTS. BY MR. HOULTON.

Nothing is more common, when a doctor is nonplussed what to do, than to give a *placebo*, that is, any thing likely to please the patient and make him think well of his doctor, such for ex-

ample, as a brandified tincture of ginger to an old hysteric lady, or coloured honey water to a love-sick girl. The draught or the mixture is accordingly put in the bill at a high charge, and the patient's purse pays well for the doctor's ignorance. To be called in and do nothing, or confess ignorance, is unknown in the drug trade.

This has been long established ; but we had no notion, heretofore, of torturing patients for the purpose of amusing them, till we were informed that this novel practice is followed and recommended by Mr. Houlton, of Grove Place, Lisson Green, who blisters his ague patients, in order, as he says, to engage their attention by the constant pain, and thus *to amuse and divert them by medical torture*. Mr. Houlton's newly invented blister-amusement is not, we may inform you, the usual way of applying a single blister, and removing and dressing it when it has risen. This would be too trite and common-place a matter for a man of genius to adopt. Mr. Houlton's plan is to begin by putting on a small blister between the shoulders, and six hours afterwards another below the first, adding another and another every six hours, till he has the whole back in one continued chain of blisters, frying and broiling the spine from the neck downwards. This he calls, "engaging the attention of the patient ;" and we doubt not that it will as successfully do so, as would the executioner's whip if applied smartly to the back of Mr. Houlton himself, supposing him to be sentenced, as a reward for his blistering invention, to receive 500 lashes at a cart's tail. We recommend it to Mr. Martin to inquire into the legality of Houlton's blister-amusement.

POPULAR ADVICE TO HIS PATIENTS. BY A VILLAGE
APOTHECARY.

Inflammation of the Lungs.

In the breast or chest are contained the lungs, which are filled with air, and again emptied, each time of breathing. Inflammation of the lungs is known by shortness of breathing, tightness and slight pain across the chest, with fever. In children this disease may always be dreaded, when their breathing is quicker than natural ; especially if accompanied with wheezing, and with increased heat of the skin. Whether in children or in others, this disease never happens without danger ; if neglected, its termination will, most probably, be in that most dreadful disease a consumption. Obtain, therefore, the best advice directly ; but if prevented in this, lose not too much time in waiting, but apply one, two, or more leeches

to the chest of the child, according to its age. To a grown person, six or eight should be applied; but bleeding freely from the arm would be preferable, if it could be obtained. When the pain of the side occurs, affecting the breathing, accompanied with fever, the complaint is pleurisy, or inflammation of the membrane lining the chest; the treatment of which, and the cautions respecting it, may be taken from what has just been said respecting the preceding complaint.

On the left side of the chest is placed the *heart*, by the action of which the *blood* is driven to every part of the body. When the pain affects that side of the chest, and the beating of the pulse is irregular, suspending its stroke for a moment or two, inflammation of the heart itself, or of the pericardium, the membrane which incloses it, has most probably occurred. In such a case not a single moment should be wasted, but the best assistance should be immediately procured. But if delay necessarily arises, and the pain is violent and the patient young, blood may be taken away freely.

Under the heart is situated the *stomach*, just beneath the ribs on the left side; in this bowel is the food received and principally digested. Inflammation of the stomach is therefore pointed out by an acute pain in this part, or rather towards the pit of the stomach, accompanied by the vomiting of every substance immediately on being swallowed. What has been just said respecting your mode of conduct, applies exactly to this case. But as the stomach is so irritable and tender, you must be particularly careful that only the most mild liquors, and those in very small quantities be taken.

On the right side, under the ribs, and stretching across to the pit of the stomach, is the *liver*, by which the *bile* or *gall* is formed. Inflammation of the liver is distinguished by pain in the part and in the right shoulder. Immediate aid should be here obtained; as by bleeding, blistering, &c. the disease may be removed in its first stage. To such of you who unhappily injure your constitution, by drinking too freely, we must here offer a caution. This disease sometimes comes on very slowly, and without any other warning than frequent slight pains: when this happens, proper medicines may assist you, if their effects be aided by an exact attention to such regimen as will be ordered; which will most probably comprise the prohibition of spirituous poisons. The gall or bile when formed is stored up in the *gall bladder*, from which, with that which flows directly from the liver, it passes through certain *ducts*, or pipes, into the bowels. Inflammation of the gall ducts may be suspected when the pain is violently distressing, immediately at the pit of the stomach, passing directly

through to the back, accompanied by severe vomitings. Here regular advice must be obtained; since, although bleeding is sometimes necessary, yet it sometimes happens that the disease is caused by hard substances called *gall-stones*, sticking in these ducts, and which bleeding alone might never remove.

On Emetics.

By the bye, consider for a moment, how little good, a medicine too often had recourse to in sickness of the stomach—I mean a vomit, can do in the cases I have already enumerated, and in others which occur, where the sickness proceeds not from there being any injurious matter in the stomach, but from the diseased and too tender state of the stomach itself, or from its sympathizing with other parts, in disease; from which circumstance, the employment of them must necessarily be succeeded by the actual increase of the complaint.

The Warm Bath.

In the interval, however, before advice can be had, there is one remedy, which, from its safety, may be employed with confidence in this, and in every doubtful case of extreme pain of any part, where there is not much weakness. This remedy is the warm bath, employed as nearly as possible over the whole surface of the body. When this is used, great care should be taken that the body be afterwards well dried, and that the patient be laid between blankets. Bear in mind that any large vessel will do for this purpose; and that it is proper to be employed in every case of inflammation of any important organ.

Dropsy.

Inflammation of the liver is sometimes followed by dropsy; diseases of other bowels will also occasion it. You have here always time to apply for regular aid, therefore attempt nothing unadvisedly. One circumstance you should, however, be apprised of; your well-meaning neighbours will recommend to you many nostrums for the speedy removal of the water; but these must be used cautiously, lest, by producing weakness, the flow of water into the cavities should be increased; and you act as unwisely as him who widens the breach in the side of a ship, to let out the water the leak has let in. Nor will you be free from the temptation of employing advertised nostrums, so great are the promises they hold out; but let common sense guide you: here is a disease, which may depend on a diseased state of any of the various bowels contained in the belly, and on a vast variety of different diseased states, and which cannot be removed without appropriate means for these different cases are

discovered : how little prospect of success is there then, in employing a remedy thus taken at hazard, and which perhaps, at best, is only proper in one of these widely differing cases ! Inflammation of the gall-ducts is frequently accompanied by jaundice ; but as this complaint also accompanies other affections of these parts, and even certain states of the liver, the cause from which it proceeds ought therefore to be enquired into, before any active measures should be employed.

SIR ASTLEY COOPER ON SORES AND ULCERS.

When an ulcer is in a perfectly healing state, the appearances which it exhibits are as follows :—The fleshy granulations are of a florid colour ; the blood vessels possess a considerable quantity of arterial blood, and the freedom of circulation produces this florid appearance. The granulations are equal on the surface of the sore, rising a little above the edges ; for it is necessary, in order that a sore should heal kindly, that the surface of the ulcer should be a little more elevated than the surrounding edges. The surface of the sore secretes matter, which has a milky appearance, or rather the appearance of cream. The edge is whitish in colour, and adapts itself to the surface. In this manner the granulations, springing from the surrounding skin, are very nicely adapted to the circumference of the sore, so that the granulations on the edge unite with those on the surface. When, therefore, you see the surface of an ulcer red, the granulations equal, the surface rising a little above the edge, the discharge of matter healthy, and the edge of the sore nicely adapted to the surface, you will say that this ulcer is in a healing state.

Best Treatment.

In order to produce this state of the sore, the best practice which you can generally pursue, is to apply poultices and plasters. When you open an abscess, or when a wound is produced which cannot be healed by the adhesive process, the best application is a poultice, for the purpose of exciting the granulations. This poultice must not be too warm ; it should be gently stimulating, so as not to repress the growth of granulations, but to form a soft bed to which they may spring. The effect of the poultice is, by its warmth and moisture, to encourage such a degree of action as may promote the rising of the granulations.

When the granulations have risen to the edge of the sore, then our practice alters ; and it becomes our object to adapt the granulations of the edge to those of the surface. For this purpose adhesive plaster or unctuous substances are employed, with

a view of pressing down the granulations of the edge of the sore on those of the surface, so as to make them unite. These are the principles of treatment in the cure of ulcers. We first encourage the growth of granulations by the application of the gentle stimulus of poultices, and when the granulations have risen to the edge of the surrounding skin, we press down the granulations of the edge on those of the surface, either by the application of adhesive plasters or of unctuous substances. The more unctuous such substances are the better; for the vessels will have a greater facility in shooting towards the centre, and the granulations embedded in this unctuous matter will more readily extend along the surface of the sore.

Such are the principles of treatment applicable to ulcers in the healing state; we will proceed to consider the impediments to the healing process which frequently occur, and which render a different mode of treatment necessary.

Proud Flesh, or Fungus.

The first circumstance which renders the cure of ulcers difficult, is the too prominent state of the granulations, producing what is vulgarly called *proud flesh*. In this state, the granulations, rising considerably above the edge of the surrounding skin, are necessarily prevented from uniting with those of the surface. In order to prevent the continuance of this state of the sore, the common treatment is to apply dry lint to the centre of the sore, and some unctuous substance to the edges. The lint, by its pressure, prevents the growth of granulations in the centre, while the unctuous substance allows the granulations on the edge to proceed and inosculate with those on the surface of the sore. The lint should not be applied to the edge of the sore, for if it is, the granulations will be prevented from proceeding towards the centre of the sore.

The caustics called nitrate of silver, and sulphate of copper, are employed for the purpose of destroying luxuriant granulations near the edges of the sore. Here our practice is just reversed. Lint is applied to the centre of the sore for the purpose of keeping down the granulations on the surface; whereas the caustic is applied for the purpose of keeping down the granulations which are nearest the edge of the sore. In this way we promote the healing of the sore, forming a little circle by the caustic from day to day until we arrive at the centre. Adhesive plaster is used with the same view of keeping down the granulations. The common adhesive plaster is, however, too stimulating for this purpose; a plaster composed of equal parts of the compound galbanum plaster and the plaster of soap, is a much

better application to promote the healing of ulcers than the common adhesive plaster. This is a point deserving attention ; because, if the application is of so stimulating a nature as to excite inflammation and excoriate the skin, we are often under the necessity of leaving off the adhesive plaster. It sometimes happens, that the action is so great as to oblige us to apply a sheet of lead to the surface of the sore : when this is necessary, you may apply a piece of lint covered with cerate ; over these a piece of sheet lead, and round the whole a roller should be passed, of about five yards in length. These are the various modes of treatment in this state of the sore.

Indolent Sores.

The next circumstance to which we shall advert, as giving rise to difficulty in the treatment of ulcers, is a languid state of the sore, in which its action is too slight. What is the character of such a sore ? You may know that a sore is in this state, by the glossy and semi-transparent appearance of the granulations ; instead of the florid hue which characterizes granulations in their healthy state, a considerable portion of them is bloodless. The fact is, that the vessels near the surrounding parts have not sufficient power to throw the blood to the extremities of the granulations. To remove this glossy appearance, and produce a healthy state of the sore, the application most commonly used is the ointment of red oxide of mercury. This is a strong stimulating application, which occasions a determination of blood to the part, and produces a florid redness in the granulations, instead of the semi-transparent appearance which they assume in the languid state of the sore. It produces, however, a white appearance in the edge of the sore, arising from the thickened state of the skin which prevents the growth of the granulations on the edge. This may be corrected by the application of blue ointment to the edge of the sore. Lotions are frequently applied with the same view ; such as the sulphate of zinc, in the proportion of two grains to one ounce of water ; or the sulphate of copper, in the proportion of one grain to three ounces of water. The oxymuriate of mercury, and lime water are also used for the same purpose. In addition to these applications, it will be necessary to bind up the sore with a roller, and to allow the patient to take a great deal of exercise ; for, without exercise, a healing disposition will not be produced in the sore.

It will be highly useful in these cases to employ some stimulating plaster, such as the compound galbanum plaster, for the adhesive plaster will not answer the purpose ; the sores are languid, and the object is to increase the action in the part ;

this will be greatly assisted by giving the patient a nutritious diet, allowing him at the same time to take exercise; and, in fact, by doing every thing to improve the constitution.

Inflamed Sores.

The next stage of ulcers we come to, is that to be met with in patients on their admission into the hospitals. When the surgeon goes round the hospital on the first day after the taking in, he will meet with a number of persons with inflamed ulcers on their legs; and what, I ask of you, is the character of these sores? You know that there is a serous discharge from these wounds, a bloody ichor, composed of serum and the red particles of the blood, a disposition in many cases to slough, the surface being covered with a brown incrustation, and the skin and surrounding parts are highly inflamed. Well then, you will find that the same treatment, which is applicable to inflammation in general, will be of service in these cases, where inflammation has been kept up for a long time to a high degree. Rest must be enjoined; the patient must also keep in bed, in the recumbent posture. Fomentations and poultices must be employed; fomentations will tend to produce a secretion from the part, and poultices, by their soothing quality, to promote the growth of granulations; both will evacuate the matter from the wounds. Then with these applications the vessels begin to form, the sore assumes a better appearance, healthy secretions are thrown out, and granulations shoot up, fibrous matter is deposited, and in a little you will have the skin covering the wound. Fomentation, poultice, rest, and the recumbent posture, must be enjoined, and the patient must be purged; the best cathartic that you can administer is calomel and compound extract of colocynth, five grains of each at bed time; and a draught of the infusion of senna and sulphate of magnesia on the following morning; by this plan you will do more to subdue the inflammation than by any other I know. If the part in the neighbourhood be much inflamed, leeches had better be applied near the circumference of the ulcer, with this treatment in a very few days granulations will spring up, pus will be secreted, and the surrounding edges will assume a healthy appearance. Without, however, attending to the constitutional treatment, all your local applications will be of very little avail.

MR. LAWRENCE ON RUPTURE, OR HERNIA.

It is a fact, which should be generally promulgated and attended to, that much depends on the means used at the com-

mencement of the malady. Thousands who live in remote places, and cannot have the immediate assistance of a surgeon, may be preserved, by knowing how to treat themselves on the first appearance of rupture. It should, likewise, never be forgotten, that on the least appearance of the disorder, every possible means should be instantly used to return the intestines. Those ruptures are so much the more difficult to cure as they are of longer continuance.

Application of the Truss.

The truss is one of the most effectual remedies at present discovered for the treatment of this disorder; and, to whatever part it is to be applied, the greatest care must be taken to fit it with every possible exactness. If this be not particularly attended to, the truss, instead of being useful, will be extremely injurious; for the sole intent of these bandages is to press directly on the opening through which the gut descended, or was forced from its natural position: the strictest attention should therefore be paid, not only to the formation of the truss, but to its application.

A cushion, or compress, possessing a sufficient degree of softness and resistance, should be intermediately placed between the pad of the truss and the groin, for the purpose of preventing the unpleasant, and, sometimes, painful sensation which takes place from the compression necessary to retain the ruptured parts, when reduced, in their natural situation, and more particularly so, when the difficulty of retention requires an inward degree of pressure. Besides the other advantages arising from the use of this cushion, it forms a bed, and a fixed point of support, for the pad of the truss, and by that means renders the compression more permanent, equal, and certain; and also preserves the lining of the pad from being soiled by perspiration. Take three slips of coarse calico, twenty inches long, and three inches in breadth, fold them into a square form: for young persons and children the size must be in proportion.

It too often happens that the person who makes the truss applies it; and this presumption on his part, and want of caution in the patient, seldom fail to do mischief. A man may be a good mechanic, and perform his work with ability; but he alone can apply the bandage with effect who is acquainted with the anatomy of the human frame.

The patient should on no account apply the truss himself on the first appearance of the rupture; but, in this particular instance, submit entirely to the conduct of the surgeon. It is his province to determine whether the whole of the intestines

are returned, or a part remains in the opening through which they descended. In the latter case, the surgeon knows the application of the truss would be highly injurious. But, if the assistance of a surgeon cannot be had on the first appearance of the disease, the patient must give up all kind of exercise or labour. Every exertion, however trifling, only tends to force the intestines from their natural position, and increase the malady. Immediate rest becomes essential, and the position of the patient should be always with the head lower than the body.

Means of Returning the Intestines.

To favour a return of the intestines, it will be also necessary to place the feet of the patient over the shoulders of another person, and to permit his body to hang downwards. When in that situation, he should be jolted a good deal, which, in many cases, has been attended with the best consequences.

At this moment, a gentle pressure of the hands and fingers should be made. The person operating in this way should grasp the swelling with one hand at the bottom, while, with the fingers of the other, an attempt be made to push gently the contents of the tumour into their place; always observing, that the parts last swelled be first reduced.

The diseased person, when in bed, should suffer the part affected to rest upon his hand; and any sudden exertion, such as raising the arms, or violently separating the legs, sneezing, coughing, or even speaking above the natural pitch of the voice, should, if possible, be avoided: but, as some motion becomes indispensable, particularly when the patient feels an inclination to go to stool or make water, he must take care to move gently, still keeping his hand on the affected part, and thereby preventing any farther descent or displacement of the bowels.

Cold Applications.

When the return of the gut cannot be obtained by the means before-mentioned, the best consequences may be expected from an immediate application of cold water, or ice, if it can be procured. To increase the coldness of the water, and thereby facilitate the return of the intestines, two ounces and a half of crude salammoniac should be dissolved in a quart of spring water, and frequently applied to the part. When this mixture, by standing, acquires the temperature of the atmosphere, it loses its cooling properties, and therefore a fresh solution should be made. If these bathings do not succeed in the course of ten or a dozen applications, they must not be repeated: but, as it frequently happens that ice or sal-ammoniac cannot be immediately had, in that case no time should be lost in bathing the

parts with the coldest water that can be procured, mixed with an equal quantity of vinegar. Applications of this kind have been attended with such happy consequences, that I cannot too earnestly recommend them in cases of an obstinate nature.

An injection of cold water may likewise be administered with great effect; but, for this operation, a pewter syringe, containing a pint or a pint and a half, must be provided, and which may be had of most of the pewterers in London. These syringes, admitting of greater force in the act of administering the contents and lodging them in the intestines, than those formed of elastic gum, or a bladder, very often effect a reduction of the gut when other means have failed. Dashing of cold water on the legs and thighs, in cases of difficult reductions has been also recommended.

Warm Applications.

In addition to the cold applications recommended as above, I would advise warm ones to be applied to the belly, at the same time, and in the following manner:—Take the bladder of an ox, two-thirds full of warm water, and cover it with flannel, to prevent any moisture from touching the body of the patient. Apply the bladder, thus prepared, so as to cover the whole of the belly above the tumour, and, at the same moment, let the cold bathings, before-mentioned, be made directly to the ruptured part. These contrary applications of heat and cold have been attended with the best consequences; because, at the same time that it becomes necessary to relax and enlarge the ring, or opening through which the intestines pass, and which is formed by the tendons of the muscles of the belly, it is at the same time necessary to contract and diminish the size of the gut, that the reduction may be effected with less difficulty. This practice, although I believe not generally known, I have frequently succeeded in, when the separate applications of heat and cold have failed.

Medicines.

If the patient be costive, accompanied with sickness at the stomach, internal medicine should not be administered; but clysters, made of half a pint of camomile-tea, two table spoonfuls of oil, and one of common salt, should be injected. Or, one drachm, or a drachm and a half of Castile or common soap, dissolved in a pint of warm water, will answer the purpose better than the fumes of tobacco, the injection of which has been generally recommended in such cases. One of these clysters should be repeated every three or four hours until evacuation be obtained. Sometimes the patient becomes feverish;

and, in that case, if a person be at hand who can operate, a quantity of blood, proportioned to the strength of the patient, should be taken.

When the patient goes to stool, he must not strain, but take time, and discharge the excrements without violence. He must likewise keep his hand on the diseased part, with a considerable pressure, to prevent the bowels from farther descending; and he should observe the same conduct even when the truss is applied. An increased compression on the pad, at the time of voiding, will be necessary.

Management of the Truss.

The person who is ruptured, by attending to these rules and observations, will contribute to his own relief in the early stages of the malady, and before he can procure medical assistance. When the advice of a competent surgeon can be had, a truss will be immediately recommended and applied, and then the patient must be extremely cautious in removing it either by night or day, until every doubt and apprehension respecting a return of the disorder be entirely done away.

I have known people who could not sleep with a truss made with a steel band. In those cases I have recommended a bandage, composed of leather only, with the usual pad, and they have answered the purpose of keeping up the intestines, or parts contained in the rupture, during the night. By thus constantly wearing a bandage that will retain the intestines in their natural situation, an opportunity is given to the ring to contract or produce such an alteration in the parts, as to lay the foundation of more radical cures of this malady than have hitherto been supposed to have taken place.

He must likewise take care to keep the pad from shifting, and steadily fixed on the aperture, to prevent a descent of the intestines. In a certain time he may be informed that he can sleep in safety without it; and it is possible this information may be correct; but, to avoid a return of the disease, which is a consequence that generally arises from a mistaken and premature opinion, I must recommend it strongly to the patient not to remove the truss but when in bed and lying on his back, with his feet drawn close to the buttocks. Previous to his rising in the morning, he must restore the truss to its former situation, and with as little motion as possible. In the act of rising, dressing, walking &c. &c. not the least violence must be used, but every movement of the patient must be directed by gentleness and caution.

METHOD OF KEEPING RAZORS IN ORDER.

It has been asserted by some, that a hone is not a necessary appendage of a razor, excepting when in the hands of the workman; and that the razor-strop alone is sufficient to keep a razor in order, without either setting or grinding. This opinion has proceeded from some of the most despicable of the razor-strop-makers, who, without a knowledge of the subject, and, evidently, without having attended to it, have attracted the notice of the public by the unceasing repetition of their advertisements, and their impudent commendations of their own articles. With respect to the persons alluded to, who impose on the public, as their own discoveries, compositions, the effects of which have been known for years, and who, even by the shape of their razor-strops, contrive to betray their ignorance, we know of nothing to which they are entitled but pity, and of nothing which they deserve but contempt.

The opinion that, when a razor has been ground and set, the razor-strop alone is sufficient to preserve it afterwards in order, has not received any better support than the general declaration of the fine edge which a razor-strop is able to communicate. The truth of this opinion we do not hesitate to deny; and, agreeably to our uniform design of rendering every thing as intelligible to our readers, as our abilities and knowledge of the subject will permit, we will state our reasons for it.

Effects of Stropping a Razor.

To those of the profession, whose whole knowledge of the business consists in being able to spread the composition on their razor-strops, and to recommend themselves to their customers by their skill in puffing, perhaps the best answer may be plain matter of fact. Let them, therefore, examine a razor in the state in which it proceeded from the hands of the workman, and before its appearance has been altered by the application of their own razor strops. In the slight examination necessary for our purpose, they will perceive that the slope of the razor, from its back is suddenly changed when it approaches almost close to the edge; and they, probably, know that this alteration of its form is caused by the setting of the razor on the hone. The fact itself they can distinguish, and with the cause we suppose them acquainted; but of the principle of that fact, of the cause of that cause, it will soon appear that they are ignorant.

But, to continue this appeal to sense, for the benefit of those whom interest forbids to be influenced by other evidence, we

ask the maker (real or supposed) of razor-strops, whose excellence is such as to render grinding and setting unnecessary, whether he can preserve, by his all-powerful strop, that particular form of a razor's edge which is notoriously the effect of setting, and which every razor-maker knows to be the best; or whether its continued use will not destroy that appearance, and produce an edge whose form is exactly contrary. Yes, the eye will determine the merits of this question; unless, indeed, it be arrogated that the whole body of cutlers are mistaken with respect to the form of the edge which they should give to their instruments, and unless it be conveniently contended that these wonder-working strops are designed to produce an improvement in their form, and not merely to restore the keenness they have lost.—Of this daring, even the persons we speak of are incapable. An indistinct and mysterious, and not a precise and open, claim on the indulgent weakness of the public is most suitable to their purpose.

The edge which is given to a razor by setting is as fine as it is possible to give to it, consistently with its object. It is called a flat edge; not because it is really flat, (for perfect flatness can never be the property of any instrument that unites keenness with durability) but because it is, in general, almost flat, and in order to distinguish it from that shaped edge, which is communicated by stropping. In fact, the edge which is caused by a hone is always as flat as a proper attention to the degree of firmness required will permit; and though, of course, it must not be entirely flat, it is, nevertheless, straight from the fulcrum which supports it to the very extremity of its parts. This cannot be truly said of the edge which is produced by stropping. When a razor has been stropped much, its edge assumes a different appearance. Instead of being almost flat, it becomes, in a considerable degree, round; it is what such razor-strop-makers call a fine round edge; an absolute contradiction, and (as the acknowledged effect of their strops) an ample refutation of their own hypothesis, and in proportion as it assumes this form, it loses its keenness. The fact itself is perceptible by the eye of any one; the inference from it is clear to the understanding of the most dull.

A little reflexion on the object to be gained by stropping, and on the fitness of a razor-strop to secure the attainment of it, will satisfactorily account for this fact, and, at the same time, establish the necessity of its existence. What, then, is the object which, by the use of the razor-strop we design to obtain? If it be said that this object is the production of the utmost keenness of which a razor is capable, and that the razor-strop alone

is sufficient for this purpose, we ask why, if this is the case, the hone is resorted to in the first instance; and, more particularly why, by means of a hone, we produce an edge that is almost flat, when the strop which is to succeed it, and which, by supposition, supersedes its use ever after, communicates an edge that is exactly the reverse. The fact is, that the proper use of the razor-strop is to smooth the edge of a razor after setting, and when it becomes rough by the strength of the beard it engages with; and, by smoothing it, to add, in a certain degree, to its keenness. We say that this is the proper use of the razor-strop; because we think we have already proved, not only that the flattest and thinnest edge must always be the keenest, but that razor-strops, instead of being calculated to produce this edge, do, in fact, produce, by continued use, what is called a round one. This must, indeed, be necessarily the case, on account of the very nature of a razor-strop. Opposite in its nature to a hone, the razor-strop is a soft and yielding substance; and must, therefore, produce an edge not only different in its form from that which is caused by setting, but possessing, likewise, less keenness. As the razor is drawn along or across the strop, its edge is almost encompassed by the softness of the leather and the composition, which, when free from pressure, return, of course, to their former situation, and naturally form a declivity down which the edge is continually passing. That this is the case, must be evident to a person of common reflexion. If, however, its truth be doubted, such doubt may be removed by drawing the razor along some substance which is yet more elastic; and by recollecting that, as a razor's edge is extremely fine, a small degree of declivity will produce the effect.

Let it, however, be understood, that this effect will, in some degree, vary with different razor-strops, according to the manner in which they are made. But this variation can produce no change in the position that the use of the most vaunted strop will not render setting unnecessary, and that the person who wishes his razors should, at all times, be capable of cutting as keenly as they can be made to cut, consistently with a due regard to the degree of strength required, will occasionally have recourse to the assistance of the hone.

DR. PARIS ON THE ADULTERATION OF BREAD.

Newly baked bread has a peculiar odour as well as taste, which are lost by keeping; this shows that some peculiar substance must have been formed during the operation, the nature of which is not understood. Bread differs very completely

from the flour of which it is made, for none of the ingredients of the latter can now be discovered in it; it is much more miscible with water than dough; and on this circumstance its good qualities, most probably, in a great measure depend; it is not easy to explain the chemical changes which have taken place; it appears certain that a quantity of water, or its elements, is consolidated and combined with the flour; the gluten too would seem to form a union with the starch and water, and to give rise to a compound upon which the nutritive qualities of bread depend.

Much has been said and written upon the subject of the adulteration of bread; but I am inclined to believe that the evils arising from such a practice have been greatly exaggerated. It is certain, that the inferior kinds of flour will not make bread of sufficient whiteness to please the eye of the fastidious citizen, without the addition of a small proportion of alum. It has been said that the smallest quantity of alum that can be employed for this purpose is from three to four ounces, to two hundred and forty pounds of flour. It cannot be denied that the habitual and daily introduction of a portion of alum into the human stomach, however small, must be prejudicial to the exercise of its functions, and particularly to persons of a costive habit, and to children.

The earthy adulterations which have been sometimes introduced into bread, must be regarded as a much more serious evil; some years ago the flour in Cornwall was very generally adulterated with the white felspar, which is used in the porcelain manufactory, and much mischief arose from its use. It is, therefore, very necessary for a medical practitioner to be prepared with such knowledge as may detect the fraud. For this purpose, the suspected bread should be incinerated at a red heat in a shallow earthen vessel, and the residuary ashes treated with nitrate of ammonia; the earths themselves will then remain characterized by their whiteness and solubility.

Dr. URE's Test for Detecting Alum in Bread.

According to Dr. Ure, the Professor of Chemistry in the Andersonian Institution, Glasgow, alum may be detected by crumbling down the suspected bread, when somewhat stale, into distilled water, squeezing the pasty mass through a piece of cloth, and then passing the liquid through a paper filtre. By these means a liquid infusion will be obtained; but if new bread or hot water be employed in the experiment, it is difficult to obtain the liquid clear. A dilute solution of muriate of barytes dropped into the filtered infusion will indicate by a white cloud,

more or less heavy the presence and quantity of alum. Genuine bread will not give any precipitate by this treatment.

SINGULAR INSTANCES OF PANIC AND IMAGINARY DISORDERS.

If we trace the operation of the imitative propensity, we find that convulsive disorders are not only communicated to persons who live in the same house or apartment; but that they have, in many instances, been propagated from house to house, by the intimate intercourse of persons in the same neighbourhood; and thus a sort of epidemical convulsions has been produced. At the latter end of the year 1796, Dr. Haygarth was consulted respecting a convulsive malady, which prevailed for some time among the tenants of the Earl of Uxbridge, and Holland Griffith, Esq., in the island of Anglesey. This disease gradually spread, from one girl to twenty-three others, all between the age of ten and twenty-five; except one boy, seventeen years old, all the patients were females. This disorder began with pains in the head, and sometimes in the stomach and side, but not very violent: this was succeeded by violent twitchings or convulsions of the upper extremities, continuing with little intermission, and causing the shoulders almost to meet by the exertion. The second person attacked was sister to the first, and lived in the same house; the third and fourth were acquaintances, and had been much alarmed at seeing the fits of the first patient. In the course of two or three months, eighteen girls were attacked, of whom only two had recovered. The influence of the imagination, as well as of the principle of imitation was obvious, from the general alarm and anxiety which prevailed, a state of mind which predisposes to the operation of this principle, as was exemplified by animal magnetism. "All of them," says Mr. Griffith, "as far as I can understand, were taken much in the same manner with the first three. Their lower extremities are free from spasms, although they find themselves considerably relaxed. The least alarm throws them into a fit of shaking. They have in general a hiccup. The anxiety of parents, sisters, brothers, and friends, for their recovery, is particularly obvious in this neighbourhood." See Dr. Haygarth's pamphlet, "On the Imagination as a cause, and cure of disorders of the body, exemplified by fictitious functions, and epidemical convulsions, 1800." This intelligent physician, after prescribing some antispasmodic medicines, desired Mr. Griffiths, to use all his authority to prevent girls, and young women from having any communication with persons affected with these convulsions, and to keep those who were ill

of the distemper separate from each other, as much as possible. "I warned him," Dr. Haygarth says, "that if these cautions were not observed, the epidemic might spread through the whole island of Anglesey."

Dr. Haygarth was led to take this view of the subject, from his recollection of the children of the poor-house, at Haerlem, and of the circumstance of a convulsive disease, of the hysterical kind, which about thirty years ago had spread through the shire of Angus, in Scotland. Several imperfect descriptions of this malady may be found in the "Statistical account of Scotland." Dr. Watt long ago noticed the frequency of convulsions in Zetland, and he adduced the extreme facility with which they were propagated among the young women of that island, as a proof of the existence of a wonderful sympathy, between the nervous system of different individuals, by means of which various motions and morbid symptoms, are often transferred from one to another, without any corporeal contact or inspection. An account of this disease, related by the minister of the parish of Unst, the most northerly of the Shetlands, is given in the *Edinburgh Journal*, just quoted. "There is a shocking distemper, which has of late years prevailed pretty much;" (he writes in 1774,) "especially among young women, and was hardly known, thirty or forty years ago. About that period only one person was subject to it. The inhabitants gave it the name of convulsion fits, and indeed, in appearance, it sometimes resembles an epilepsy. In its first rise, it began with a palpitation of the heart, of which they complained for a considerable time; it at length produced swooning fits, in which people seized with it, would be motionless for upwards of an hour. At length, as the distemper gathered strength, when any violent passion seized them, or on a sudden surprise, they would all at once fall down, toss their arms about, writhe their bodies into very odd shapes, crying out all the while, most dismally, throwing their heads about from side to side, with their eyes fixed and staring. At first, the distemper obtained in a private way with one female, but she being seized in a public way at church, the disease was communicated to others, but whether by the influence of fear or sympathy is not easy to determine. In another of the northern parishes, Delting, the disease was very prevalent. "The patient is first seized with something like fainting—and immediately after uttering wild cries and shrieks, the sound of which, at whatever distance, immediately puts all who are subject to the disorder in the same situation. It most commonly attacks them, when the church is crowded: and often interrupts the service

in this and many other churches in the country. On a sacramental occasion, fifty or sixty are sometimes carried out of the church, and laid in the church-yard, where they struggle and roar with all their strength for 5 or 10 minutes, and then rise up without recollecting a single circumstance of what happened to them. In this description we recognize the features of hysteria, and the instances of moral causes in removing, as well as in inducing these convulsive maladies, was evinced in the parish of Northmaven, where the disease was thus extinguished—the cure is attributed to a rough fellow of a kirk officer, who tossed a woman in that state, with whom he had frequently been troubled, into a ditch of water. “She was never known to have the disease afterwards, and others dreaded the like punishment.” Here the principle of the cure was perfectly analogous to that resorted to by Boerhaave, in the work-house at Haerlem.

At a still more recent period, namely, in the Summer of 1803, a species of a chorea, or St. Vitus’s-dance, became epidemic in Tennessee, in America, connected with the prevalence of religious enthusiasm. Great numbers of people were collected together, especially at these extraordinary meetings, which commonly lasted for four or five days; and many of them remained on the spot day and night, the whole or greater part of the time, worshipping their Maker almost incessantly. The outward expression of their worship consisted chiefly in alternate crying, laughing, signing, shouting, and, at the same time, performing that great variety of gesticulations which the muscular system is capable of producing. It was under these circumstances that some found themselves unable by voluntary efforts, to suppress the contractions of their muscles; and to their own astonishment, and the diversions of many of the spectators, they continued to act from necessity the curious characters which they commenced from choice. The disease no sooner appeared, than it spread with rapidity through the medium of the principle of imitation: thus it was not uncommon for an affected person to communicate it to the greater part of a crowd, who curiosity or other motives, had collected around him. It is at this time, (1805) in almost every part of Tennessee and Kentucky, and in various parts of Virginia, but it is said not be so contagious (or readily communicated) as at its commencement. It attacks both sexes, and every constitution; but evidently more readily those who are enthusiasts in religion, (such as those above described) and females; children of six years of age, and adults of sixty, have been known to have it; but a great majority of those affected are from fifteen to twenty-five. The muscles generally affected are those of the trunk, particularly of the neck; some-

times those of the superior extremities, but rarely, if ever, those of the inferior. The contractions are sudden and violent, such as are denominated convulsive, being sometimes so powerful when in the muscles of the back, that the patient is thrown on the ground, where for some time his motions more resemble those of a living fish when thrown on land, than any thing to which I can compare them. This, however, does not often occur, and never, I believe, except at the commencement of the disease.

In consequence of the facility with which such convulsive motions are communicated by imitation, various corporeal movements which fanaticism had associated with devotional exercise, have become characteristic of certain sects, to which they have given names. From this source, it would appear, have originated the appellations of Jumpers, Whirlers, Tremblers; and even our placid sect, the Quakers, have doubtless derived their denomination from some similar habit.

PHILOSOPHY OF VISION.—No. 5.

The Socket of the Eye.

The eye, though delicate, is not much exposed to danger, being defended all around by a strong socket, composed of bones, in which, like a diamond in a strong box, it is lodged. This socket is well lined with fat, more fluid than in other parts, which serves both as a soft bed for the eye-ball, and also to facilitate its motions. When this fat diminishes, the eye sinks back in the socket.

The immediate surface of the bone is covered with the same strong membrane which lines the skull and covers the brain. From this connexion we can trace the cause of inflammation affecting this covering of the brain when the eye is much injured; and can account for the pains thence arising in the face, as the lining of the socket unites with the covering of the bones of the face.

Above the socket is the arch of the eye-brow, covered with hair, placed in an oblique direction, and moistened with oil, to prevent, as was long ago remarked by Socrates, the sweat from running from off the forehead into the eye, and to direct it rather towards the temple and the root of the nose. The care of Providence is very remarkable, therefore, in causing the hair of the eye-brows to be thicker and blacker in hot climates than in colder climates. In the East they are artificially blackened. The dark colour acts as a shade to the light, and the effect is increased by frowning. Hence, we depress the eye-brows and

knit them when we pass from the dark to a place strongly illuminated. In a weak or inflamed state of the eyes, and in all cases where light is offensive, there is a habitual depression of the eye-brows. It is a symptom, indeed, frequently the forerunner of blindness.

The Motions of the Eye.

The motions of the eye—and it is very restless—are performed as all our motions are, by muscles or fleshy ribbons. All these movers of the eye take their origin from the innermost part of the socket, running forwards to be inserted into the eye-ball; and when made to contract by the will, they of course pull the eye in the direction required.

There are in each eye six of these muscles, four straight, and two oblique. The four straight muscles are intended to roll the eye inwards, one being above, one below, and one on each side of the ball. The upper one raises the eye upwards and backwards; the lower draws it downwards and inwards; the outer moves it towards the temple; the inner pulls it towards the nose. When all four act together, they sink the eye in the socket, and keep it fixed and motionless.

The lower oblique muscle takes its rise from the bone within the inner corner of the eye, and running obliquely backwards below the eye-ball, is inserted about the middle of it, or farther inwards than the lower straight muscle. The upper oblique merits particular attention for its singular mechanism. We can easily conceive how the eye-ball can be pulled backwards and inwards, and even to one side by cords placed in the back parts of the socket. But we often see the eye move outwards, and we know that no motion is performed without one of these ribbons, cords, or muscles. How then can the eye move outwards, when there is nothing without to which the mover can be conveniently fixed? This is the problem, and it would require a skilful mechanician to resolve it properly. It has been contrived by Providence, that the mover should be placed far back in the socket, to give it power; for the longer the cord, if it have strength, the greater is its purchase in producing motion.

Cord and Pulley of the Eye.

To produce the motion of the eye outwards, the cord is made to pass through a pulley in the eye-brow, near to the point where it forms an angle with the nose; which pulley is sometimes of bone, but oftener of cartilage or gristle. After going over the pulley, the cord runs back again and is inserted into the upper part of the eye-ball, about its middle.

These two oblique muscles, particularly the last, cause the eye to roll outwards, as in the effort to perceive a distant mountain, or a ship far in the offing. A most beautiful contrivance, quite unequalled in all our works of art, in elegance of mechanism and utility of design. This can only be matched with others by the same Divine hand; for example, with that of the vessel which carries blood from the heart to the brain, and which makes many a winding turn in the bone to diminish the force of the current, that might otherwise prove too violent in rushing into the brain with one-tenth of the blood of the whole body.

Fountains of the Eyes.

On the same admirable principles of mechanism, the eyeball, which requires so much motion, is furnished with a constant supply of moisture from a fountain or gland, situated within the upper and outer part of the bony socket. This gland is composed of a great number of little globules, like garden peas, from which seven or eight pipes, not much thicker than a hair, run to the inner surface of the eye-lid. It has been computed, that in twenty-four hours, the two fountains of the eyes discharge about four ounces of the fluid well known by the name of tears. In hot weather the quantity is considerably less.

The tears are very limpid, and of a saltish taste, whence our rhymsters of small genius are very fond of those *elegant* phrases, “salt tears,” and “briny tears.” When analysed, by the art of chemistry, they are found to contain water, mucus, common salt, and a very little soda, and lime. The tears are constantly flowing into the eye during sleep, as well as when we are awake, though in sleep the quantity is less, from the less degree of stimulus.

Channel of the Tears.

The contrivance for carrying off the superfluous tears is equally admirable with the rest of the mechanism; no pipe or outlet, as Paley remarks, for carrying off the waste liquor from a dye-house or distillery, could be better contrived. When the eye-lids come together—and they do so almost every second—they form a channel which runs in front of the eye, having somewhat of a downward slope towards the nose. Along this channel, whose sides are formed by the ball of the eye and the two eye-lids, the tears, which are brushed from the eye-ball, flow in the direction of the nose.

The eye-lids, also, we may remark, begin first to touch each other at the outer angles, and the pressure proceeds successively

to the inner, a circumstance which impels the tears along the channel. Majendie denies the existence of this channel, and thinks that the tears pass along the under part of the eye-ball, where it is joined by the reflected membrane of the lower eye-lid. If so, they must be pressed up as high as the entrance of the canals, by the action of the lower eye-lid. But how, upon this view of the matter, can the use of the upper channel be accounted for? It can only be useful on the statement which we have given.

When they have reached the end of the channel, there is a passage for them in two directions, one above and one below the corner of the eye. The entrance of these passages anybody may see in his own eye, by examining it in a looking-glass. It is a hole with a whitish gristly circle round it, capable of admitting a bristle or a small pin, and placed on the very point of the angle of the eye-lid, opposite the last hair of the eye-lash, towards the nose.

These holes take in the tears, not, as has been supposed, by the attraction observable in minute glass tubes, but by the same vital power as the vessels of the intestines take up the food after digestion, and carry it into the blood. When they are either too much contracted, or too much dilated, as sometimes happens to old people, they do not take up the tears. From this cause it is that old people are so subject to rheums.

The holes lead to two canals, just wide enough to admit a bristle, running above and below the sides which form the angle of the eye, in the form of a snail's horns, till they reach the nose, where they unite into one. The united canal now takes its course downwards along the outside of the nose for about an inch; when it penetrates the bone, and discharges the tears into the side of the floor of the nostril, about an inch from its entrance. The passage of the tears is promoted by the pressure of the muscle, whence people with watery eyes are much disposed to wink forcibly and often. The tears thus serve the double purpose of moistening the eye and assisting to moisten the nostril, by diluting the mucus. The superfluous moisture is carried off in vapour by the stream of air which is constantly passing in the act of breathing. A quantity of the tears is also constantly carried off by the air from the surface of the eye-ball. This is clearly shown by the overflow of the tears when the air is cold and damp, and consequently less fit to evaporate them.

The Weeping Eye.

When the canals, which have now been described, are in any way obstructed, the tears cannot find a passage, and that

annoying complaint, the weeping eye, is produced. It can only be cured by removing the obstruction of the canal, or by making, according to the invention of Mr. Ware, an artificial one directly in the nostril, at the corner of the eye, for which purpose the bone must be bored through, and a silver wire constantly worn in it to guide the tears. Even this, however, is not always successful. So clumsy are the works of man when compared with the works of God!

The nerves, which are called the fifth pair, send one branch to the fountain of the tears, and another to the nostrils, whence we perceive the reason of the tears flowing more abundantly when the nostrils are irritated. The same connexion of the nerves also explains why bright sunshine produces sneezing. Dr. Darwin supposes it is from this nervous connexion that the first flow of tears in a new-born infant is produced, by the air acting on the portion of the nerve which is spread over the nostril, and causing most infants to sneeze when they begin to breathe.

A similar effect is produced in after life by air, dryer or colder than that which we are accustomed to, or by strong smells, such as that of garlic, onions, or snuff.

Tears from Grief and Joy.

From early association of the fountain of the tears and the nostril, the same ingenious writer thinks he can trace the reason why we weep in grief and sorrow, because the stimulus of the air is one of the first uneasy sensations which we experience. Before the flow of tears, in weeping at a tragic representation, he says, an uneasy tingling is always first felt in the lower nostril, where the canal of the tears is discharged. It is in every body's power to verify or disprove this from personal experience.

But tears also flow from joy and tender pleasure. This requires another display of the Doctor's ingenuity to explain. As the nostril is the seat of infant pain, it is also the seat of infant pleasure, produced by the smell of the mother's milk, and causing an increase of tears, on the same principle that the sight of savoury food fills the mouth with saliva. It is this association which causes us to shed tears of gratitude, of love, and of joy. Cats, from the same principle, express pleasure by purring, or drawing in their breath as they did when sucking kittens:—so much for Darwin's ingenious conjectures.

GOURMANDERIE FOR DECEMBER.

Scarcely have we had time to digest our November feasts and get rid of the first attacks of cold, before a fresh claim is made upon the activity of our stomachs, for the enjoyment of the Christmas holidays. The stomach, however, as we have often said, cannot be always on the trot, and must have an occasional holiday or more to rest from its incessant fatigues, and rise refreshed for new feats of digestion to be performed on the good things of this life. Let us persuade you then to introduce a few banyan-days at the beginning of the month, in order to give a keenly-whetted edge to the appetite for the glorious things of Christmas, and prepare a capacious storehouse for the rich and smoking plum-pudding, and the noble, fragrant, and juicy sirloin—and the celestial aroma of the royal braised turkey, served up with a long and countless array, as Solomon has it, of “all the spices of the merchants.” Such, be merry Christmas, with its festive enjoyments and jocularities; and the sharp-set stomach, as insatiable as the horse-leech—crying, “Give, give,”—or the cavern-demon, in the Caliph Vathek, crying, “more, more.” An excellent preparative, we think—nay, we are certain, for Christmas enjoyments, (always meaning thereby eating and drinking) would be what we may properly call

Christmas Training.

Begin then about a fortnight or three weeks before the first excellent dinner to which you are invited, to go through a rigid course of training, as laid down in the preceding pages of our work—no mincing, flinching, and doing the things by halves, like a pale-livered girl, who does not know for two minutes together whether she will continue to take her draught or her drops—but a steady, thorough-going course, according to strict rule, from the first clearance of the stomach, and starting for a morning walk at six o'clock, to the hearty and wholesome dinner of underdone steaks, with biscuit and mild ale.

Or, stop—stay for a moment—and let us consider: would not a week's training, à la *Percy Bysshe Shelly* and *Dr. Lamb*, be preferable, so far as keen, craving appetites are concerned? Yes; the very point, *Rem acu tetigisti*, you have hit the nail on the head, as an old Roman would have said. Then we prohibit all food for a week before Christmas, except vegetables and distilled water; but when the glorious day arrives—the day of celestial feasting and of so long anticipation—“then to dinner with what appetite you may.”

The fish in season this month are turbot, skate, soles, macka-

rel, (a small supply) haddock, cod, whiting, halibut, lampreys, (chiefly for potting) lobsters, oysters, and other shell-fish. Of game, wild fowl, and poultry, may be mentioned hares, partridges, pheasants, wild and tame rabbits, grouse, wild ducks, widgeons, teal, plovers, woodcocks, snipes, larks, turkies, capons, pullets, chickens, geese, and ducks. The various kinds of butchers' meat are to be had in great perfection. Toward the 20th of the month, there is an annual prize shew of cattle in Barbican, than which no sight can surely be more interesting to the epicure, except that of a good dinner, and such a one is generally given as a suitable sequel to the exhibition.

Brawn.

As Christmas advances, the arrivals from the country of poultry and game become more frequent and abundant. At this season also, the metropolis is supplied with large quantities of brawn, chiefly from Canterbury and Oxfordshire. Brawn is manufactured from the flesh of large boars, which are suffered to live in a half wild state, and when put up to fatten, are strapped and belted tight round the principal parts of the carcase, in order that their flesh may become dense and brawny. This article comes to market in rolls about two feet long, and ten inches in diameter, packed in wicker baskets. It is commonly vended by the fishmongers, who at this season generally expose, along with it, a boar's head, with a lemon stuck between the tusks.

The close of the year, being Christmas week, is a season of festivity among all ranks of people. The middling classes, who are for the most part immersed in the cares of business throughout the year, welcome and celebrate it as a period of holiday enjoyment; while the rich, who "fare sumptuously every day," comply with the general custom, by adding the established national dishes to their bills of fare; and distribute to their dependants, their tenantry, and the poor around them, a portion wherewithal to eat, drink, and be merry. At their tables the refinements of foreign invention are for once superseded by the simpler products of old English cookery: roast beef and plum pudding, turkies and chins, ham and fowls, capons and sausages, saddles and haunches of mutton, with a profusion of custards and pies; among them that characteristic luxury the mince-pie, presents a range of viands, which, though all of the solid kind, are rendered easy of digestion by proportionate draughts of ripe port and mellow October, and perhaps, more so by the mirth and laughter which the gambols of the season excite, and which in no unim-

portant degree aid the stomach and intestines in the discharge of their functions.

As Christmas completes this alimentary circle of the year, we present our readers with the usual compliments of the season, wishing them also, most earnestly, those inestimable blessings, a good appetite, and a plentiful choice of good fare.

DILIGENCE AND APPLICATION IN BUSINESS. BY AN
ECONOMIST.

Solomon was certainly a friend to men of business, as it appears by his frequent good advice to them; as when he says, "He that is slothful in business, is brother to him that is a great waster:" and in another place, "The sluggard shall be clothed in rags." On the contrary, by way of encouragement, he tells them, "The diligent hand maketh rich," and "The diligent shall bear rule, but the slothful shall be under tribute."

Nothing can give a greater prospect of thriving to a young tradesman, than his own diligence; it fills him with hope, and gives him credit with all that know him: without application nothing in this world goes forward as it should do: let the man have the most perfect knowledge of his trade, and the best situation for his shop, yet, without application, nothing will go on. What is the shop without the master? What the books without the book-keeper? The cash without the cash-keeper? What the credit without the man? I knew two negligent partners in a once well-accustomed shop, who drew two ways, but both in extravagance; and I heard them justly painted out as follows, by an experienced trader, who had grown rich by a quite contrary conduct:—

"Such a shop," said he, "stands well, and there is a good stock of goods in it, but there is nobody to serve but an apprentice-boy or two, and an idle journeyman; one finds them always at play together, rather than looking out for customers; and when you come to buy, they look as if they did not care whether they shewed you any thing or not. You don't see a master in the shop, if you go twenty times; nor any thing that bears the face of authority. Then, it is a shop always exposed; it is perfectly haunted with thieves and shop-lifters; they see nobody but raw boys in it, that mind nothing: so that there are more outcries of "stop thief," at their door, and more constables fetched to that shop, than to all the shops in the street. There was a fine trade at that shop in Mr. Tradewell's time. He was a true shop-keeper; you never missed him from seven in the morning to twelve, and from two till nine at night; and he thrived accord-

ingly ; he left a good estate behind him. But I don't know what these people are ; they say there are two partners of them, but there had as good be none, for they are never at home, nor in their shop ; and you see one often at a review or the park, but very seldom in his shop, or waiting on his customers ; and the other, they say, lies in bed till eleven o'clock every day ; just comes into the shop, and shews himself, then stalks about to the tavern to take a whet, then to the coffee-house to hear the news ; comes home to dinner at one, takes a long sleep in his chair after it, and about four o'clock comes into the shop for half an hour, or thereabouts ; then to the tavern, where he stays till two in the morning, gets drunk, and is led home by the watch, and so lies till eleven again : and thus he walks round like the hand of a dial. And what will it all come to ? They will certainly break ; they cannot hold it long."

Nor were the inferences unjust, any more than the description unlike ; for such was quickly the end of such management.

Besides, customers love to see the master's face in the shop : when he cannot take the price offered, they are not disobliged ; and if they do not deal at one time they may at another ; if they do deal the master generally gets a better price for his goods than a servant can. Besides which, he is sure to give better content ; for the customers always think they buy cheaper of the master than of a journeyman, as he has a property in his own goods, and the journeyman is limited, and cannot exceed, as they think, the general directions of his master.

Trade must not be entered into as a thing of light concern ; it is called business very properly, for it is a business for life, and ought to be followed as one of the great businesses of life. He that trades in jest, will certainly break in earnest ; and this is one reason why so many tradesmen come to so hasty a conclusion of their affairs. It must be followed with the full attention of the mind, and full attendance of the person. Nothing but what are to be called the necessary duties of life, are to intervene ; and even those are to be limited, so as not to be prejudicial to business.

Religious Duties.

The duties of life, which are either spiritual or secular, must not interfere with nor jostle one another out of its place. It is the duty of every Christian to worship God, to pay his homage morning and evening to his Maker, and at all other proper seasons to behave as becomes a sincere worshipper of God ; nor must any avocation, however necessary, interfere with this duty, either in public or in private. Nor, on the other hand, must a

man be so bent upon religious duties, as to neglect the proper times and seasons of business. There is a medium to be observed in every thing, and works of supererogation are not required at any man's hands. Though it must be confessed, there is far less need of cautions to be given on this side of the question than on the other; for, alas! so little danger are we in, generally, of being hurt by too much religion, that it is more than twenty times for once, that tradesmen neglect their shops and business, to follow the track of their vices and extravagances, by taverns, gaming-houses, balls, masquerades, plays, harlequinery, and operas, insomuch that this may be truly called an age of gallantry and gaiety. The playhouses and balls are now filled with citizens and young tradesmen, more than with gentlemen and families of distinction; the shopkeepers wear different garbs than what they were wont to do, are decked out in fashionable costumes, and all the frugal badges of trade are quite disdained and thrown aside.

But what is the consequence? You did not see in those days an Act for the Relief of Insolvent Debtors, and yet the gaols filled with insolvents before the next year, though ten or twelve thousand have been released in a short time by this act. Nor did you see so many commissions of bankrupt in the Gazette as now. The wise man said long ago, "He that loves pleasure shall be a poor man." But nothing ruins a tradesman so effectually as the neglect of his business; he, therefore, who is not determined to pursue his trade diligently, had much better never begin it.

Nor can a man, without diligence, ever thoroughly understand his business; and how should he thrive, when he does not perfectly know what he is doing, or how to do it? Application to his trade teaches him how to carry it on, as much as his going apprentice taught him how to set it up. The diligent tradesman is always the knowing and complete tradesman.

Now, in order to have a man apply heartily, and pursue earnestly, the business he is engaged in, there is yet another thing necessary, namely, that he should delight in it. To follow a trade, and not to love and delight in it, is making it a slavery, or bondage, not a business. The shop becomes a Bridewell, and the warehouse a house of correction to the tradesman, if he does not delight in his trade.

To delight in business, is making business pleasant and agreeable; and such a tradesman cannot but be diligent in it. This, according to Solomon, makes him certainly rich, raises him above the world, and makes him able to instruct and encourage those who come after him.

PHILOSOPHY OF SLEEP.—By M. ADELON, OF PARIS.

The suspension of the faculties usually continues from five to eight hours. It is at first complete, and the more rapid its advances have been, and the nearer the moment of its commencement, the more complete it is. But in proportion as it is prolonged, and the instant its termination approaches, some of the faculties already resume their activity in some degree—at least they are ready to do so on the least disturbance. The sleep of the different mental and sensitive faculties, is in truth not equally deep, if one may so speak, or rather they do not require so long an interval of rest, to recover their fitness for acting. This is evinced by the different degrees of facility, with which they are severally roused from sleep, and by the order in which they resume their activity, when the waking state has succeeded to that of sleep. The easiest of all to rouse to operation, are the intellectual faculties and the affections. Hence the frequency of dreams, phænomena the consideration of which we shall resume hereafter. To rouse our faculties to this species of exercise, it is only necessary that the neck experience some slight invitation, whether directly by being rubbed, or by some sympathetic cause.

The senses of touch and hearing follow next in order. Every one knows that while yet asleep, we change our posture when it is disagreeable; when any part of our body is irritated by something we withdraw it: when we feel cold from some parts of the covering of the bed having slipped aside, or being withdrawn, we pull it back to cover us, which shews that the sense of touch receives impressions easily enough in this stage of our sleep. Every one knows too, that if we are roused from sleep abruptly, impressions from sounds are the first we receive. Last of all comes the sense of sight, and along with it, those voluntary muscular energies, which are most difficult to be regained from the dominion of sleep. Thus, it appears that it is those of our faculties which are the last to be subdued by sleep, that are the easiest to be recovered from it, so it is those also, that we regain the first.

To trace more minutely the circumstances which attend the change from the sleeping to the waking state, would perhaps be tiresome; and it seems quite superfluous, since like those leading ones, which we have just been noticing, they are almost exactly the same with those we described as attending the commencement of sleep, but in an inverted order. The same dozing state intervenes between the state of sound sleep, and

that of being fully awake; on awaking, there are similar yawnings and stretchings of the limbs and body, and rubbings of the eyes. As the first indication of the approach of sleep is a peculiar sort of sensation, with a desire of going to rest, so by the time of awaking every thing disagreeable in our position begins to be very sensibly felt; we begin to complain that a great part of the morning has passed, &c.; also this change like the other, takes place sooner or later, and occupies a longer or shorter space, according to the individuals. It is immediately after awaking that the different excretions, namely, spitting, blowing the nose, &c., usually take place. This perhaps arises in some degree from the action of the different organs being then more lively, in consequence of repose; or the matter of these excretions may be more abundant from having accumulated during sleep. It is always a consequence of the sleep of a person in health, that his senses, and mental faculties, which had been worn out during the period of their exercise, are refreshed and repaired. And as they then display more energy and facility in acting, it is evident that during sleep, the nervous system has had the losses repaired which it had previously sustained, and has recovered its fitness for acting. Such is a general account of sleep; but this phenomenon presents numerous varieties in its mode of attack during its continuance and at its termination, as we have already noticed; as also in its degree of profoundness.

The *attack* of sleep is to be dated from the moment when the *desire* of it is first felt, and terminates in its complete establishment. There are four circumstances which chiefly influence the mode of attack, namely, the waking interval, that has preceded the state of the individual, during the preceding period of his being awake, his constitution, his habit, and his state at the time, with respect to external and internal excitements. Sleep being destined to repair the losses sustained, by the system during the waking interval, it is reasonable to expect that its return will be earlier or later according as the activity has been greater or less during that interval. If during the waking interval, more nervous energy has been expended than usual, sleep, we may suppose, will return sooner, and *vice versa*. As a person when awake is always sustaining some losses of that energy, sleep always also returns once in twenty-four hours. The time at which sleep returns depends not only on the degree of our activity, taken generally, but also on the sort of occupations which have engaged us while awake. All occupations do not exhaust equally. Those in which the mind chiefly operates, are more exhausting than those which depend on muscular exertion. Men of science,

more than any other class of persons, add a sleep in the daytime to the repose of the night.

Besides the state of the individual during the waking interval which has preceded, we are to consider his particular constitution as influencing the return of sleep. As the constitutions of animals of different species differ in this respect, so the constitution of those of the same species differs according to the individual. Thus it is that one person remains long awake without experiencing the *want of sleep*, whilst another feels the return of this desire sooner. In general, the more susceptible of impression the nervous system is, the greater is the appetite (if we may so apply the word) for sleep. Infants, for example, whose nervous system is exceedingly susceptible of excitement, and inhabitants of hot countries, whose case is similar, sleep several times a-day. The sleep of the aged, on the contrary, returns after long intervals, and is short.

Next, habit, it is well known, has an influence upon the periods of sleep, as well as upon every other organic affection and action. Sleep, in general, returns periodically at the same hour; but its stated return may be fixed at an earlier or later hour, according to the will of the individual, by means of habit. The more regularly periodical its return is, it is the more refreshing, and establishes itself more easily. Habit not only exerts a power over the times, but also over the circumstances of its return. The miller must be lulled asleep by the noise of his mill, the infant by the song of its nurse, or it is rocked to sleep in its cradle, when it has been made to contract these bad habits. Many persons take care to usher in their sleep with a piece of reading, &c.

Sleep, again, comes on much more readily in the absence of whatever, by its presence, would cause excitement or disturbance, such as the external excitement of light and noise, or the internal ones of physical pains, mental labours, and the passions. If any rather strong impression cause vibration in any part whatever of the nervous system, sleep is hindered. First, it is to secure us from the influence of excitements from without, that Nature has wisely made the time of our sleep coincide with the night. All our voluntary relations with the external world are interrupted by the darkness of the night: there is consequently less to cause noise, and this absence of excitement from without affords great facility to the nervous system for delivering itself up to sleep.

ADULTERATION AND MIXING OF WINES.

The medication, mixing, and adulteration of wines consists, for the most part, in altering the colour, the flavour, or the strength of any given wine, or in so mixing two or more together, as to produce a compound differing from, or superior to either. It is difficult to give any general rules for this purpose, and the proper management of the processes depends chiefly upon the experience and taste of the maker.

It generally happens, that when two wines are mixed, the fermentative process is partially renewed, or the mixture is technically said to *fret*, whence the practice itself has derived the name of *fretting in*. Mixed wines appear to unite into one durable and homogeneous liquor, only in consequence of this fermentation. It is therefore desirable, if possible, to mix wines only at those periods when they both shew a tendency to fretting, which, according to Chaptal, in the wine countries, appears to be at three principal seasons of the year, viz. when the vines begin to shoot, when they are in flower, and when the fruit begins to acquire colour. The wines being then proportioned according to the fancy or experience of the maker, a strong fermentation is excited, which is still farther assisted by agitation. The wine thus becomes homogeneous, and shews no more tendency to farther change than if it had been originally produced by one operation, and the repetition of the processes of fining and racking renders it perfect.

In wine countries, particular wines, distinguished either by their strength, harshness, colour, or flavour, are often manufactured for mixing with others, and are applied according to circumstances. For making such wines, different fruit, and peculiar management are often resorted to. The usual faults of wines requiring correction are, sweetness, dryness bordering on acidity, and excess or defect of briskness. Connected also with this part of the subject, are the means of imparting to wine, colour, flavour, and strength, and other remarkable properties. Sweetness arises from the presence of too much saccharine matter, and may be generally remedied by prolonging the fermentation. On the contrary, when the fermentation has been carried so far as to decompose the whole of the sugar, the wine is said to be dry; and if the original quantity of sugar has been rather defective, it will have a strong tendency to become sour. The remedy in this case is, to add sugar, or sometimes brandy. The modes of ensuring a due degree of briskness in those wines intended to possess this quality, shall afterwards be pointed out.

Many of the processes followed in imparting colour, flavour, strength, &c. to wines, are unknown to the public, and confined to the cellars of the manufacturer or the merchant. The general principles, however, are sufficiently obvious. The roughness and colour of red wines are derived from the husks of the fruit; and when it is wished to impart these qualities in a higher degree, the manufacturers sometimes mix a certain portion of wild and high coloured grapes with the other fruit. At other times, various astringent and coloured drugs are employed, as catechu, kino, logwood, &c. : popular ingredients are the juices of sloes or elderberries. The chips of oak and beech wood are also employed. With respect to yellow tints, these can be all accurately imitated by means of burnt sugar. As to flavours, in general those which are foreign and unusual are commonly unpleasant. Custom, however, has reconciled us to many. The ancients seem to have been much more accustomed to artificial flavours than the moderns, and the most in request was the turpentine or resinous flavour, which was imparted by means of fir wood, a practice still followed in modern Greece. In Madeira wines, as well as those of Xeres and San Lucar, it is the practice at present to use sweet and bitter almonds; hence the nutty flavour of these wines. In Egypt, the flower of the vine itself has been employed from time immemorial, and is still used in some wine countries; its odour is very like that of mignonette, which may be doubtless substituted for it. Raspberries, orris-root, elder flowers, wormwood, and a variety of other substances, are employed for a similar purpose. In using these different articles, the established practice is to suspend the flavouring ingredients in the cask a few days during the stage of insensible fermentation; by which means their flavour is retained without a chance of being dissipated. Where the strength of wine is deficient, brandy is added according to circumstances; and to render the mixture of this more complete, it should be added while the process of insensible fermentation is going on. If there be a necessity to add it after the wine is completed, it should then be managed by the fretting-in process.

The last of the circumstances connected with wine-making, is the means of obviating those diseases to which wines are liable. One of the most common diseases of weak wines is acidity. Strong wines, for obvious reasons, seldom become sour. When acidity is present only in a slight degree, it may be palliated considerably by sugar, or by the addition of *must* concentrated by boiling. It is obvious, however, that the acid can only be got rid of by neutralizing or destroying it. For this

purpose the alkalies and alkaline earths have been employed, but they impart a disagreeable flavour to the wine. Of these substances, lime is the safest and best. It was formerly the practice to employ lead in some form or other, for counteracting acidity in wines; but we trust this murderous practice has been long since laid aside. Ropiness is another disease to which wines are liable. This occurs particularly in those which contain a good deal of extractive matter; it may be much relieved and sometimes cured, by exposing the bottles to the sun and air, by agitating, and subsequently uncorking them, by adding a small quantity of vegetable acid, and by fining. The last disease we shall notice is, perhaps, the most formidable of any, namely a mustiness, or ill-flavour, communicated by the cask or cork. This appears to be, in general, absolutely incurable, though it may be sometimes diminished by agitating the wine in contact with the air, or by the introduction of common air or carbonic acid gas by pumping.

MR. ABERNETHY'S ADVICE TO HIS PATIENTS.

Every man has his hobby. There can be no doubt of it. One rides furiously upon the back of some celebrated relation; Edmund Davy, for instance, on Sir Humphrey, and Mr. Bransby Cooper on Sir Astley. Another rides post upon some discovery or supposed discovery which nobody save the hobby-horsical fellow himself ever heard of; Dr. Copland, for instance, on his grand specific turpentine, and Dr. Kinglake upon his cold water. A third gallops along upon something really good, filched surreptitiously from some respectable quarter, as Moxa Dunglison on his preface to Larrey, and Calvert on the Dictionaire. A fourth trots it briskly on a book announced, but never written, and probably not intended to be written; as Dr. Darling on his Liver Book, Mr. Wallace, of Dublin, on his *great* work on Anatomy, and Dr. Copland on his Croup concern. A fifth gets astride on a Theory, and bids defiance to all who shall attempt to unhorse him, as Dr. Scudamore on his Plethora and Hepatic engorgement, and Mr. Abernethy on his Digestive Organs!

Apropos—Let us just take a peep a little more closely into these same Digestive Organs, and hear what Mr. Abernethy has to say about them. But it is, we believe, more according to established etiquette, that we should introduce the old gentleman himself to tell his own story. Suppose then, you are indisposed—very ill—dying—or, which is quite the same, imagine yourself to be any of these. You resolve to go to Abernethy—are introduced in due form to his Sanctum Sanctorum, in Bedford-

row. But pause—stop—let me caution you not to take alarm at the presence of a great man—and if you are inclined to be nervous—do not quail before the dignity of exalted genius, but muster all your courage to go through with the scene. Above all—let us forewarn you not to shrink from eye-examination, for a Doctor, without a skilful eye, that can penetrate at a glance through bone, blood and bowel, is good for nothing; much less must you start if the great man ask you a blunt question or so, as bluntness is a sure mark of genius, though often put on by blockheads as a mask, and is one that is easily come by.

Now you are at last admitted—and have gained your wished for interview—tell us what advice the Doctor gave you, for your guinea.—Yes, the usual thing, always his eternal blue pill, and sarsaparilla—no variety—no suiting of means to ends—no weighing of the differences of constitution—no distinction of diseases. Oh!—aye—we did forget a part of his usual prescription. “Read my book, page 72, never drink but when you are thirsty, and by no means at dinner. Do like your horses—eat your corn at one time, and drink your water at another.”—This is a prescription which no Apothecary can make up for you; but we shall try to prepare the first part *secundum artem*, though we should no more like the second, than to eat our Christmas dinner with assafoetida sauce, or what is much the same thing, Kitchiner's infernal essence of garlic. Without farther preface. then, at page 72, we find it thus set down.

Treatment.

“I shall now proceed to mention the plan which I have pursued in the treatment of disorders of the digestive organs. I do not feel altogether competent to give full directions relative to this subject; because I have never attended to medical cases with that degree of observation which would lead me properly to appreciate the efficacy of different medicines, when administered either in their simple or compounded forms. The subject is so important, that the public would be highly indebted to any practitioner, who would point out the varieties of these diseases, and the appropriate modes of cure.

“The method of treatment which I have adopted is simple, and founded on the opinions I have formed of the nature of the disease, and on physiological views of the functions of the affected organs. Believing the disordered parts to be in a state of weakness and of irritability, my object has been to diminish the former, and allay the latter. Believing also that the secretions into the stomach and bowels, upon the healthy state of which the due performance of their functions depends, were, in consequence of such disorder, either deficient in quantity, or

depraved in quality, I have endeavoured to excite, by means of medicine, more copious or healthy secretions.

“It is a principal object of medicine to give strength and tranquillity to the system at large, which must have a beneficial influence on all its parts, and greatly promote the well-doing of every local disease. We cannot reasonably expect tranquillity of the nervous system whilst there is disorder of the digestive organs. As we can perceive no permanent source of strength but from the digestion of our food, it becomes important on this account that we should attend to its quantity, quality, and the periods of taking it, with a view to ensure its perfect digestion.”

Quantity of Food.

“First, With respect to quantity : there can be no advantage in putting more food into the stomach than it is competent to digest, for the surplus can never afford nourishment to the body ; on the contrary, it will be productive of various evils. Being in a warm and moist place, the undigested food will undergo those chemical changes natural to dead vegetable and animal matter : the vegetable food will ferment and become acid, the animal will grow rancid and putrid ; this is only rendered evident occasionally, when a disordered stomach rejects some of its contents ; then the teeth are roughened and set on edge by the corrosive qualities of the acid, and the throat feels burnt by the acrimony of the rancid oil.

“These effects, though occasionally made apparent, must constantly take place, unless by the digestive powers of the stomach the food is converted into a new substance which is not liable to these chemical changes. Such new and irritating compounds may not indeed materially injure a healthy stomach, but cannot fail to be detrimental to one that is weak and irritable, as well as to the whole tract of the alimentary canal, and thus maintain and aggravate its disorder. Part of the food thus changed will be imbibed from the bowels, and render the blood impure, from which there is no outlet for various kinds of matter but through the kidneys ; and this may prove a cause of foul urine, as well as of the presence of many substances in that fluid not natural to it, and be productive of serious diseases in the urinary organs.

“Observing the evils resulting from undigested aliment, we surely ought cautiously to guard against them by proportioning the quantity of our food to the digestive powers. Nature seems to have formed animals to live and enjoy health upon a scanty and precarious supply of food ; but man, in civilized society, having food always at command, and finding gratification from

its taste, and a temporary hilarity and energy result from the excitement of his stomach, which he can at pleasure produce, eats and drinks an enormous deal more than is necessary for his wants or welfare; he fills his stomach and bowels with food which actually putrifies in those organs; he fills also his blood vessels till he oppresses them, and induces diseases in them as well as in his heart. If his digestion be imperfect, he fills them with unassimilated substances, from which nutriment cannot be drawn, and which must be injurious.

“In proportion as the powers of the stomach are weak, so ought we to diminish the quantity of our food, and take care that it should be as nutritive and easy of digestion as possible. By adopting an abstinent plan of diet, with respect to the quantity of our food, even to a degree that produces a sensation of want in the system, we do that which is most likely to create appetite and increase the powers of digestion. In how great a degree want effects these objects, is evident in those who have been obliged to fast from necessity, or have been much reduced by hæmorrhage.

Quality of Food.

“Secondly, As to quality: it is not my intention to discuss the question as to the nature of the food proper for mankind. When the stomach is weak, it seems particularly necessary that it should be nutritive and easy of digestion. I may further observe, that its qualities should be adapted to the feelings of the stomach. In proof of this proposition, numerous instances might be mentioned of apparently unfit substances agreeing with the stomach, being digested, and even quieting an irritable state of stomach, merely because they were suitable to its feelings. Instances might also be mentioned of changes in diet producing a tranquil and healthy state of stomach, in cases where medicines had been tried in vain. Neither can such occurrences excite surprise; for as digestion and the consequent tranquillity of the stomach depends on a proper quantity of healthy juices being secreted and commixed with the food, such secretions are likely to be produced by whatever agreeably excites it, and obstructed by whatever has a contrary tendency.

Periods of Taking Food.

“Thirdly, As to the times of taking food: it is evidently the intention of Nature that we should put into the stomach a certain portion of food, the excitement of which inducing a secretion of gastric fluid, by its action becomes digested. This office of the stomach being effected, it should be left in a state of repose till its powers are restored and accumulated, and this

return of energy would in health be denoted by a return of appetite. It is probable that three hours may elapse in health before the digestion of a moderate meal is effected, so that the stomach is empty and in a state of repose. It is therefore reasonable to allot the same portion of time for the same purpose when the organ is disordered, whilst we have diminished the quantity of our food in order to proportion it to the diminished powers of the organ; yet, instead of pursuing this rational plan of diet, many persons are taking food every third or fourth hour, pleading in excuse for such conduct, that they cannot do without it.

“The truth is, that when the stomach is disordered, the exertion of digesting a single meal after its excitement and efforts have ceased, is productive of sensations of languor, sinking, and inquietude, which ought to be calmed or counteracted by medicines, and not by food, for a second meal cannot be digested in this state of the stomach. We also often tease and disorder our stomachs by fasting for too long a period; and when we have thus brought on what I may call a discontented state of the organ, unfitting it for its office, we sit to a meal, and fill it to its utmost, regardless of its powers or its feelings.

Rules for Diet.

“The rules, then, for diet may be thus summarily expressed: we should proportion the quantity of food to the powers of the stomach, adapt its quality to the feelings of the organ, and take it at regular intervals of six or seven hours thrice during the day. It would be well if the public would follow the advice of Mr. Addison, given in *The Spectator*, of reading the writings of Lewis Cornaro, who having naturally a weak constitution, which he seemed to have ruined by intemperance, so that he was expected to die at the age of thirty-five, did at that period adopt a strict regimen, allowing himself only twelve ounces of food daily. By this plan of diet he lived to more than one hundred years; and it is delightful to observe the tranquil, cheerful, and energetic state of mind accompanying his bodily health, and in a great degree induced by it. Cornaro found that as the powers of his stomach declined with the powers of life in general, it was necessary he should diminish the quantity of his food, and by so doing he retained to the last the feelings of health.

“I could relate many instances of persons who were much emaciated, some of whom were of considerable stature, becoming muscular and fat upon four ounces of the most nourishing and easily digestible food, taken three times a-day. A patient lately gave me the following account of his own proceeding, with respect to diet. He said, ‘when thou toldest me to weigh my food, I did

not tell thee that I was in the habit of weighing myself, and that I had lost fourteen pounds weight per month, for many months before I saw thee. By following thine advice I have got rid of what thou didst consider as a very formidable local malady; and upon thy allowance of food, I have regained my flesh, and feel as competent to exertion as formerly, though I am not indeed so fat as I used to be. I own to thee, that as I got better I thought thy allowance was very scanty, and being strongly tempted to take more food, I did so; but I continued in the practice of weighing myself, and found that I regularly lost weight upon increased quantity of food; wherefore I returned to that which was prescribed to me.'

Drink.

"Every thing which we take into the stomach, except food, may be considered in two points of view, either as a diluent or a medicine. Water is the only diluent, and we are in the habit of mixing alimentary matter and stimulants with it. Diluents probably ought not to be taken during or immediately after our meals, since they would be likely to render the juices of the stomach less efficacious in the digestion of our food. Hunger and thirst seem to be incompatible sensations: an hungry animal would eat to satiety, and the stimulus of the food would bring on a discharge of the juices of the stomach, which have the power of digesting the food; nor is it probable that the sensation of thirst would be experienced till this operation of the stomach is effected. If the sensation of thirst then occurred, water would appease it, without frustrating the digestive functions; and being absorbed from the alimentary canal, a certain portion of it would be furnished to the blood, and the surplus would pass off from the skin, lungs, and kidneys. Animals also rest during the digestion of their food, and drink when this is accomplished; and it would be right for patients to imitate this example. How much exertion, of body or mind, is capable of impeding digestion, is shewn in the fourth lecture at the College. Diluents being requisite, and in many cases particularly useful, toast and water, mint, and balm tea, light ginger tea, (when the stomach requires a stimulus) marsh mallow, and linseed tea, (when mucilage is likely to be useful), China tea, (when it agrees with the stomach,) may be drank three or more hours after each meal during the night, or early in the morning; for we should take diluents at such times as not to let fluids be in the stomach when the food is received, nor during its digestion. By drinking at proper times, thirst will be prevented at improper ones, and we shall have no temptation to fill the stomach with liquids when we have taken our

food ; thus setting it afloat, and diluting the juices of the stomach, upon the agency of which its digestion entirely depends.

All stimulants must be regarded as medicines ; vinous liquors are of this class ; and being suitable to the feelings of the stomach, are in many cases very useful, yet they are very liable quickly to pass into a state of acetous fermentation, and to promote that change in the vegetable food contained in a disordered stomach, and thus produce a strong and injurious acid. The rule for taking vinous liquors, in persons to whom habit has rendered them necessary, may be thus briefly stated :— They should not take them during their meals, lest the temporary excitement they produce should induce them to take more food than the powers of the stomach are capable of digesting ; but afterwards they may be allowed so much of them as may be required to induce agreeable feelings, or to express the fact more clearly, as is necessary to prevent those uncomfortable sensations which the want of them may occasion ; and it may be added, the less they take the better. People deceive themselves on this point. A disordered stomach will feel uncomfortable after eating ; fermented liquors remove for a time the unpleasant sensations. Potion after potion is swallowed on this account, often without producing permanent tranquillity, and much to the injury of the stomach. Wine-drinkers do not drink wine after every meal, which proves that wine is not necessary to their digestion ; and many who confided in this belief, have been convinced of their error, by leaving it off, and finding that they digested their food as well when deprived of it, and that such privation greatly contributed to their eventual restoration to health. When stimulants seem requisite, and fermented liquors run into the acetous fermentation in the stomach, spicy and aromatic vegetables should be substituted, such as ginger, pepper, mustard, &c.

Stomachic medicines are given to strengthen a weak stomach, to tranquillize an irritable one, or to counteract some morbid peculiarity in the feelings and actions of that organ. There is a time when stomachic medicines seem to be particularly required. About three hours after a meal, when the stomach is exhausted by the labour of digestion, when its morbid propensities are increased by the languor consequent to fatigue ; at this period, when persons are in the habit, through ignorance, of taking food to appease their distress, they ought, as has been said, to take these kinds of medicines.

Even our food must, however, be considered as exerting a medicinal influence in disorders of the stomach. When that organ is irritable, a vegetable diet and abstinence from ferment-

ed liquors may tend to tranquillize it. On the contrary, when it is weak as well as irritable, that aliment which is most readily digested is to be preferred, and cordials are sometimes beneficial. The effects of food and medicine can never be considered as resulting from their operation on the stomach solely, but from their conjoint influence upon it and the nervous system in general. Irritability of the stomach may arise from that of the brain, and unstimulating diet may tend to tranquillize the latter organ, and thereby alleviate the disorder of the former. On the contrary, a more generous diet may, by exciting the nervous system, produce that degree of energy in its actions which invigorates the stomach, and tranquillizes its disorder. It may further be observed in some cases, that the kind of medicines or diet which is serviceable to the stomach, may aggravate the nervous disorders; and on the contrary, that those means which seem to tranquillize nervous irritation tend to diminish the powers of the stomach.

Vegetable diet-drinks appear to me very useful in tranquillizing and correcting disorders of the stomach and bowels, for this is the manner in which they seem to be efficacious in the cure of local diseases. The vegetables prescribed in the different formulæ are so dissimilar, that we can scarcely suppose that they act specifically upon the local disease. Even sweet-wort has obtained considerable celebrity. When diet-drinks fail to correct the disorders of the digestive organs, they also fail to produce any amendment on local diseases. Such observations have induced me to believe that they have the utility, which I have ascribed to them, of tranquillizing and correcting disorders of the stomach and bowels. It is allowable to form an opinion from such observations, though I am sensible of their invalidity as arguments to prove its truth.

Whilst thus, on the one hand, by endeavouring exactly to proportion the quantity of food to the powers of digestion, by adopting an abstinent system of diet, and taking medicines suitable to the condition of the stomach, we endeavour to foster the powers and ensure the tranquillity of this important organ, we ought, on the other, most carefully to attend to the regulation of the action of the bowels, with a view to ensure their tranquillity, for we cannot expect that the stomach will be tranquil if the bowels be otherwise. To produce tranquillity of the bowels when they are in a disordered state, it is necessary that the residue of the food be daily carried down and discharged from these organs; this is their natural function; and if they fail in its performance, they should be excited by appropriate medicines, yet without teasing them, so as to induce what is ordinarily called purging. Purging, occurring spontaneously,

shows that the bowels are irritable, and the aqueous and other discharges which take place from them in that condition, often relieves their irritability. When purging occurs in consequence of taking medicine, it shows that the bowels have been irritated, and have relieved themselves in their usual manner. Persons may be purged without having their bowels cleared of the fecal matter which may be detained in them; we should therefore endeavour to ascertain what kind or combination of purgative medicines will excite a healthy action of the bowels, without teasing them or producing discharges from the organs themselves. The best mode of proportioning the degree of excitement to the end designed, is to take a dose of a suitable medicine at night, but short of that which may prove irritating; if it fails sufficiently to excite the organs, a similar dose may be taken in the morning; which also failing, may be repeated at regular intervals during the day. The principle that should govern our conduct in the administration of purgatives, may be briefly stated; the excitement is to be repeated till the requisite action is induced, yet no single excitement being such as may prove an irritant to the organs.

Purging medicines sometimes relieve unpleasant sensations; but they do not, in general, produce even this effect. And all active purges seem to me to increase disorder. It is natural to suppose that strong stimuli will aggravate the unhealthy condition of weak and irritable parts.

I have already expressed my opinion of the manner in which the continuance of purgative medicines, in such doses as do not immediately purge, relieve disorders of the digestive organs, by producing morbid secretions, which afford considerable relief, both when they occur spontaneously or are thus induced. This plan of practice is what Dr. Hamilton has suggested, and the utility of which he has so successfully elucidated. I am aware that laxative medicines may relieve irritation merely by augmenting the natural secretions of the viscera, and thus unloading their vessels; and also by determining the fluids from the head, when the nervous symptoms are aggravated by a plenitude of the vessels of the brain. As I have found the lenient plan of treatment (that of exciting the peristaltic action of the bowels, so as to induce them to clear out the whole of their contents, without irritating them, and to produce what is ordinarily called purging) particularly successful, I have rarely deviated from it. I am not, therefore, warranted, from experience, in speaking decisively respecting the more free use of purgative medicines.

It is difficult, in many cases, to regulate the actions of the bowels either by diet or medicine. They are costive for a time,

and then fits of purging come on. The former state must be obviated in order to prevent the latter. Medicines which excite a healthy action of the bowels in one person, are either inert, or too active in another. Doses, which would have no effect in a state of health, become purgative in this disorder; a circumstance which shews that the bowels are irritable. There are also instances of the contrary, in which it is exceedingly difficult to excite the actions and secretions of these viscera.

At the same time, I have not been inattentive to the error in the biliary secretions which exists in the greater number of these cases. I have endeavoured to correct this error by the administration of such small doses of mercury as do not irritate the bowels, and are not likely to affect the constitution, even though persevered in for a considerable time. In this state of the digestive organs, calomel, in small quantities, sometimes proves irritating. I have combined it, as in Plummer's pill, and given one grain every second night. Where this dose produced uneasy sensations, or acted as an aperient, five grains of the pil. hydrarg. were substituted in its place; and even this quantity has been diminished in some cases. When the bowels are very irritable, the hydrarg. c. cretâ has been given. When it appeared necessary, on account of the biliary secretion, and when the calomel did not irritate the bowels, I have increased the dose. The relief, which arises from the increase or correction of the biliary secretion, in a great number of these cases, shews how much the liver is concerned in causing or aggravating the symptoms in these diseases.

There are numerous and undoubted proofs of the utility of mercury in correcting and augmenting the biliary secretion; but the mode of administering it has not, perhaps, been sufficiently attended to. I have known patients, who had voided nothing but blackish stools for some months, discharge *fæces* of a light yellow colour, denoting a healthy but deficient secretion of bile, immediately upon taking small doses of mercury. The effect of this change on the constitution and spirits has been surprisingly great; though the state of the stomach did not appear to be altered. The use of mercury by inunction, sometimes acts beneficially, in correcting the biliary secretion; but if the constitution be irritated and weakened by that medicine, the actions of the liver and of the digestive organs in general, become disordered. Mercury, in my opinion, acts most certainly and efficaciously, when taken into the bowels, and a much smaller quantity will suffice, when its application is in this manner rendered chiefly local.

[To be Continued, with Remarks by the Editors.]

MR. A. RENNIE'S DISCOVERIES RESPECTING GOUT AND
ITS CAUSES.

We have had more than one occasion in our preceding pages, to bestow the meed of approbation on this rising, fashionable surgeon; and we are clearly of opinion, that he is now upon the fair road to permanent fame and opulent fortune. We say this, more on account of the philosophical train of inquiry, into which he has fallen, than of what he has yet actually made tangible or published. He bids fair, we think, to arrive at a clear conclusion on the much disputed cause of gout, from the circumstance of his being able, as he tells us in his work just published, to bring on a fit of gout upon himself at pleasure. He, from this circumstance, must possess advantages for inquiry, and for trying and observing the power of remedies, which no other inquirer, so far as we know, ever possessed. Many of those who have written on gout, have had the disease, among whom Sydenham is a well known instance; it was reserved for the acumen and penetration of Mr. Rennie, to discover the means of bringing on a fit at his pleasure. But we must in courtesy allow Mr. Rennie to tell his own story:—

“Having had the good, or as some would have it, the bad fortune to experience Gout in his own person—an advantage he believes not possessed by every inquirer who has preceded him—he has therefore enjoyed the opportunity of correcting professional by personal experience; and of applying acknowledged pathological principles, to the various phenomena of this disorder, in a manner much more direct and satisfactory, than could possibly be done by mere observation, however frequently and variously exercised.

“In his own case, he has possessed the means of daily studying the various symptoms, their constantly diversified characters, and their relations mutually to each other, to the system and to the causes producing them; of verifying by experimental exposures the influence of particular agencies; in aggravating or alleviating individual sensations; of minutely observing the frequent recurrence of the disorder, in different degrees and forms, according to diversity of circumstances; and of putting to the test, the various medical or dietetic measures suggested by practical experience, by knowledge of their therapeutical properties, or by reference to the laws of the animal economy.

“Continual opportunities were at the same time daily afforded in practice, of comparing the history, causes, symptoms, and constitutional peculiarities of other gouty invalids, with his own

personal experience. The ultimate result has been, that the writer, for himself, has ascertained means by which he has obtained entire immunity from the disorder, of which he had become morbidly susceptible from the slightest causes; and not a few others, who have been led to adopt measures adapted to their individual circumstance, have also obtained similar relief.

“On the basis of these results, sufficiently numerous and diversified to be satisfactory, the author considers it a duty he owes to the public, to endeavour to establish these views of the nature of this disorder; which appears to him accordant to the history, causes, and symptoms of individual cases, and confirmed by the only true test of all theoretical principles—*experience*. He lays claim to no specific, the idea of which, by every ingenuous and intelligent mind, must be admitted absurd: although more surprising and instantaneous, if not miraculous, cures of gout are on record, than, perhaps, of any other disease whatever. If every instance of this kind be a correct relation of facts, it is no less unfortunate than unaccountable, that the knowledge of the means should have invariably died with their respective discoverers.

“He intends to abstain from any inference suggested by allusions to his own case, in any argument hereafter advanced, grounding every induction on more extended and general observations presenting themselves in the course of his professional duties; yet he may be allowed to state, that the utility of his personal experience, in concentrating his attention, and rectifying his conceptions, respecting this obscure and complicated disease, has been such that he has no hesitation in asserting that he would rather undergo one paroxysm of gout himself—a morbid process he could reinduce at any time upon his system—than treat almost any number of cases of the disorder, groping blindly for indications amid the present vague, confused, and contradictory notions that are prevalent on the subject.

“Under such circumstances, it is not presuming too much on his opportunities to claim the liberty of thinking for himself; and if in doing so, he looks at facts in a different point of view, and perceives premises in different relations, so as to arrive in a separate and independent road, at different conclusions on certain points from preceding inquirers, he may also be permitted to emancipate himself from the trammels of their authority, for the purpose of representing the truth in its just light.”

[*We shall carefully attend to Mr. Rennie's future progress.*]

USE AND ABUSE OF SOAP, WITH RESPECT TO THE DELICACY OF THE SKIN. [FROM THE "DUTIES OF A LADY'S MAID."]

"There is nothing more important in the management of a fine complexion and a delicate skin, than the proper choice of the soaps used in bathing and washing. As your knowledge of these may be of much use to your employers, I shall here give you such instructions as you will find it of advantage to attend to.

"In the first place, then, I must remind you that the skin is thin on the arms, the hands, and the face, where soap is most frequently applied. You will understand this better if you have ever ruffled the skin of your hand, and observed the piece that was rubbed off, which is thinner and finer than the finest tissue paper; and though it is very strong and tough, considering its delicacy of texture, yet by improper management it may be rendered coarse, rough and scaly, as you often see it is, in those persons who have not attended to it with care. If, for instance, it is too dry, it will shrivel up, and appear very coarse; and if it is too moist, it will look greasy and disagreeable. Sometimes it will be partially abraded, and leave the parts chapped and sore, which will cause either the hands or the face to look bad and unsightly.

"Now, all these effects which I have just enumerated, may be more or less caused by the improper use of soap in bathing or washing. Soap is composed of pearl-ash, pot-ash, or soda, and of oil or tallow, to mellow the effects of the other ingredients, which would otherwise be too strong. Pearl-ash, or soda, if applied in a moist state to the bare skin, without any oil or ointment to defend it, would be apt either to burn or blister it, and the least you could expect would be a painful smarting. But if you cover the skin well with pomatum, or hair oil, or anything of that kind, before applying the pearl-ash or the soda, the effects will be in a great measure prevented. It is the same thing, therefore, in the case of soap, in which the strong ingredients of the pearl-ash or soda are rendered milder by their combination with oil or tallow. That these, however, do not altogether mollify the acrid qualities which we have described, you will be convinced, if you have ever, while washing yourself, got a little of the soap within the eye-lid, and felt in consequence the smarting of the pearl-ash or soda, for the oil or the tallow would not of course smart the eye.

"You may ask what is the use of soap in washing? This question is very easily resolved according to the explanation which I have just given you of the composition of soap. The skin is

naturally softened with a delicate oil, which is manufactured from the blood in thousands of little vessels not so big as a grain of sand, which are placed under every part of the skin. In some persons there is too much of this natural ointment produced, and their skins are completely rendered greasy. In others there is too little, and their skin is of course much harsher and drier than is comfortable or pleasing. In all, however, there is more or less of this natural oil produced; and as it always, sooner or later, makes its way to the surface, the dust and other impurities with which the air is always filled, will unite with it and form a crust on the skin. This crust, indeed, is continually forming, every minute of our lives, on every part of the skin which is exposed to the air; but it is frequently so thin and fine as to be invisible. It can always, however, be proved to exist, by washing the hands in pure water; for though they may appear perfectly clean, yet the water will always be rendered more or less turbid.

“But water alone, you must remark, can never make the skin quite clean; for it cannot unite with any thing of an oily nature, as the natural ointment of the skin is; and for this purpose we must have recourse to something which will unite with and cleanse away the combination of dust and oil which incrusts the skin. Now, pearl-ash and soda are the only things of this kind which can properly be used; but as it would not be safe, as we have seen, to use them alone, they are manufactured for the purpose into soap. I may remark for your satisfaction, that the soap-makers never use so much oil or tallow as wholly to *kill* the pearl-ash or soda, a portion of which is always left ready to combine with whatever grease or oil it meet with when applied to use. Now it is this uncombined portion which will unite with the natural ointment it meets with on the skin, and by forming a soap with it, dissolves the incrustation of dust, and makes the skin clean and pure.

“The grand secret, then, of using soap properly, and without injury to the skin, is, to employ only enough to remove the superfluous natural oil, and the dust combined with it, and no more. If a greater quantity is used, as soon as the pearl-ash or soda finds no more oily matter to take up, they will attack the skin itself, and probably may injure it very seriously, causing red exoriations, scorbutic blotches, and eruptions, which nobody thinks of accusing soap for producing.

“I shall now give you some receipts for preparing the least objectionable kinds of soap. To obtain a two-fold advantage, soaps are composed that give the skin the whiteness and suppleness which are so desirable. These soaps are very numerous,

every perfumer having a particular way of making his own. We shall content ourselves with giving one or two processes, selecting those which produce the most advantageous effects; and this will, I think, be quite sufficient.

Soap for improving the Colour.—"Dilute two ounces of Venice soap in two ounces of lemon juice; add one ounce of oil of bitter almonds, and a like quantity of oil of tartar. Mix the whole, and stir it till it has acquired the consistence of honey.

Seraglio Soap.—"Take half a pound of iris, two ounces of benzoin, one ounce of storax, a like quantity of yellow sanders, half a drachm of cinnamon, a few cloves, a little lemon peel, St. Lucia wood, and nutmeg. Well pulverize the whole; take about half a pound of white soap, grate it, and put it to soak for four or five days in a pint and a half of brandy, with the powder; knead up the whole with about a quart of orange flower water; make a paste of this soap, with a sufficient quantity of starch, and mould it into any size you please, adding whites of eggs and gum-dragon, dissolved in some kind of scented water. If you wish to give it a stronger scent, mix with the paste a few grains of musk, some essential oil of lavender, bergamot, roses, carnations, jasmine, cinnamon, or, in short, any other matter the smell of which you may prefer.

Musk Soap.—"Take two ounces of roots of marsh mallows, cleaned and dried in the shade. Reduce them to powder; add half an ounce of starch, and a like quantity of flour, three drachms of fresh pine apple kernels, one ounce of orange pip-pins, one ounce of oil of tartar, and of oil of sweet almonds, and a quarter of a drachm of musk. Reduce these articles which are to be pulverized to a very fine powder, and to each ounce of powder add half an ounce of Florence iris. Then steep four ounces of fresh roots of marsh mallows in orange flower water; let them stand a whole night, squeeze the whole well, and with the mucilage that comes from them, make a paste with the powder. Let this paste dry, and mould it into round balls. Make use of it, when necessary, with a little water that must be poured over the hands. Nothing softens the skin more, or makes the hands whiter.

"The hands should always be washed in hot water, as it softens and makes the skin look delicate and white. It is the duty of a lady's maid, therefore, to carry up hot water at all times when her lady goes to dress, and also when she retires for the night. Should the lady be very nice about her hands, she should wear leather gloves in the night, having previously rub-

bed them with some of the various pastes, the compositions of which you ought to be thoroughly acquainted with.

“ To prepare a paste for the hands, take one pound of sweet almonds, a quarter of a pound of bread crumb, half a pint of spring water, the same quantity of brandy, and the yolks of two eggs. After skinning the almonds, pound them and sprinkle them with vinegar, that the paste may not turn to oil; add the crumb of bread, which moisten with the brandy as you mix it with the almonds, and the yolks of eggs. Set this mixture over a slow fire, and keep stirring it, lest the paste should adhere to the bottom of the vessel.

“ Pomades are also made for rubbing the hands and arms on going to bed. Of these the following may be used with success:—Take two ounces of sweet almonds, three drachms of virgin wax, and three drachms of spermaceti. Warm these three substances in separate vessels, and then pour them all into one, taking care to stir them well with a wooden spatula; then throw them into a basonful of very clear fresh water; keep stirring, and change the water often, till your pomade becomes very white; put it up in rose water, or spring water, which must be changed every day.

POPULAR ADVICE TO HIS PATIENTS. BY A VILLAGE APOTHECARY.

Inflammation of the Bowels.

If acute pain should be felt lower than the parts already described, attended with almost constant sickness and obstinate costiveness, inflammation of the bowels is to be apprehended, which, unless powerfully opposed, must terminate fatally in two or three days. The best advice must therefore be obtained, as soon as possible. Bleeding and the warm bath being employed in the meantime. Be careful whenever symptoms arise like these, that no heating cordials, spices or spirits be taken, under the expectation of lessening the pain; since just the contrary effect must be produced by them.

Inflammation of the Urinary Organs.

If the pain be felt in the loins, or in a direction from the loins toward the lower part of the belly, with frequent vomitings, inflammation of the kidneys, the organs by which the urine is separated from the blood, or inflammation of the ureters, the vessels which carry the urine to the bladder, has most likely taken place. If the pain is seated at the bottom of the belly, with great tenderness on pressure, and difficulty in voiding the

urine, it may be concluded that inflammation of the urinary bladder has come on.

In every one of these cases, the most serious, and even fatal, mischiefs are to be apprehended, if the most powerful means are not early employed. Whilst proper advice is obtaining, and which ought to be sought for with the least possible delay, bleeding and the warm bath may be had recourse to; and remember that here, as in every case of inflammation, these two most powerful remedies must be aided by abstaining from food, and by emptying the bowels by some cooling physic.

Discharges of Blood.

Numerous as are the diseases just described, recollect that they may all be produced by the too sudden change from heat to cold, and from cold to heat. To this cause, as well as to violent exertions, the abuse of spirituous liquors, and the not proportioning the exercise to the quantity of nourishment, may be also attributed hemorrhages from ruptured vessels, of which I shall now speak. Spitting of blood, in general, proceeds from some blood-vessel bursting in the lungs. The important office of this organ I have already pointed out, I have therefore only here to add, that the smallest appearance of blood, in the matter brought up by coughing, ought immediately to induce you to make application, for your life's sake, for professional advice; since, if you do not procure it directly, and act with the most rigid adherence to it, that distressful and fatal, but lingering malady, a consumption, will almost unavoidably occur. Bleeding from the nose, and bleeding piles, are not indeed so directly fatal, as that bleeding of which I have just spoken; but they are of sufficient consequence, to authorise me to call your attention to them, and to impress on your minds, that every discharge of blood, almost, proceeds from a broken blood-vessel; that there exists a disproportion between the strength of the blood-vessels and the quantity of blood they contain; and that when bleeding has taken place in considerable quantity from any particular part, the vessels of that part are disposed to acquire the habit of thus letting the blood escape, which is also so rapidly formed, as by distending the vessels, to be the more likely again to force its way. I must just observe here, that although the piles are not in general dangerous, yet, when very painful, great attention must be paid to them; as when neglected, they sometimes terminate in that painful and distressful malady, a fistula. Should they be very painful, leeches may be applied to them with great advantage.

Rheumatism.

From exposure to sudden changes of temperature, proceeds the acute rheumatism, or as it is often called, the rheumatic gout; known by its affecting the different joints with red and painful swelling. By promoting a profuse perspiration, by freely drinking warm gruel, &c., aided by a few drops of antimonial wine, this disease may sometimes be removed at its very commencement. But this not succeeding, be aware that its continuance for a month, or perhaps longer, may be the consequence of not obtaining that treatment which can only be pointed out by a medical man of judgment and experience.

Small Pox.

The symptoms which I have described as marking the commencement of fever in general, may be considered as those which occur at the beginning of eruptive fevers. Of these, the small-pox stands most forward, from its frequency and its fatality, if allowed to occur naturally, as it is termed; but this would be a fault so censurable, it would be risking a life so unwarrantably, that no one who hears me will, I hope, ever commit. Impress it on your memory, that one in every ten or twenty, has been found to die of the small-pox coming spontaneously, or in the natural way, and but one in two hundred of those who receive it by inoculation: and that of those who have been inoculated from the matter of what is termed the cow-pox, only one in fourteen hundred have been lost.

You may conclude the small pox is coming out when, after the symptoms already mentioned, small red spots appear, just rising above the skin. The number and the malignity of these will often depend on the treatment at first adopted. If the room be considerably heated, the patient kept in bed, under a load of bed-clothes, and plied with heating drinks, such as even white-wine whey, the crop of pustules may be expected to be so great, that the powers of the patient will be exhausted, before they are ripened and cleared off.

When the spots are topped by a little watery bladder, soon after their first appearance, and are cleared off in two or three days, it may be concluded that the disease is the chicken pox or swine pox, a complaint which seldom requires more than to keep the child within doors, and to prevent it from taking too much exercise.

Measles.

If the spots hardly rise above the skin, and are more spread than in the former diseases, it is most probable the measles is

appearing. This may be more certainly concluded to be the case, if a frequent dry cough, with redness and watering of the eyes occur at the same time. In this disease, the breathing must be most attentively watched: if this become quickened, there will be the greatest reason to fear *inflammation of the lungs* to be establishing itself, which will not be removed but by the most vigorous measures.

Scarlet Fever and Quinsy.

When the skin, instead of being studded with pimples, is covered with a redness, resembling a stain, the disease is most probably the scarlet fever. If soreness of the throat accompanies it, not a step should be taken until the opinion of some intelligent medical character has been obtained; since the disease may, perhaps, be the putrid or malignant sore throat, which will demand, most probably, the utmost exertions of even the most able physician, so to conduct the management of the patient, that he may not sink from the vast exhaustion of the vital powers, which often takes place. Here wine, cordials, and food, which are poison in the former class of diseases, are absolutely necessary to be strenuously persevered in.

St. Anthony's Fire.

If the eruption of the skin is confined to one part, and, as is most frequently the case, to one side of the head or face, and soon rising in little blisters, the disease is erysipelas, or St. Anthony's fire. In this complaint evacuations must be employed with caution, since great judgment is necessary to point out whether they will be injurious or not. The application called *Goulard's Water*, is often employed here, with much injury, as well as in many other cases of inflammation. The applications in this case must always depend on the state of the pulse, the age, and on the degree of strength possessed by the patient. To point out one mode of treatment which can be adopted with safety, in all the various cases which may occur of this complaint, is utterly impossible. This can only be directed by an observer, possessing sound medical skill. When this disease appears on very *young children*, the loss of the child is only to be prevented by the most skilful exertions. Admit no tamperings, lest you have to accuse yourself of having thereby sacrificed the child of your heart. A disease of the erysipelatous kind sometimes possesses two or three fingers width of one side of the trunk; this is called the shingles, and from the extreme soreness of the parts, is a very troublesome complaint. It seldom requires much medical aid; but as this will always vary with the constitution of the patient, I cannot, as I would

wish, point out any specific mode of treatment fit for general adoption.

With the exception of one or two, the diseases of which I have hitherto spoken are of such a nature, as to depend on too great a tone and on too great a degree of fulness of the vessels. I next shall treat of diseases occasioned rather by an exhausted and debilitated state of the system.

HISTORY OF QUACKS AND QUACKERY.

From the former occupations of most of the quacks, it is impossible they could have any medical knowledge, unless they acquired it by miraculous inspiration, to which indeed a number of them lay claim.

Whilst itinerant mountebanks were in fashion, though the breed is almost extinct in this country, the merry-andrew generally succeeded his master, and from tumbler and buffoon was exalted to the dignity of doctor; when, in the velvet coat and tye-wig, he drew teeth, cut hare lips, and dispensed his infallible remedies, solely for the benefit of his fellow subjects.

Several of those respectable gentlemen became afterwards resident doctors, especially in London; and to some of them, and their no less respectable successors, the public is at this time indebted for some of our most celebrated nostrums.

But many of those empirical gentlemen had not even the advantages of a mountebank education; for some of them were tolerable surgeons, especially the famous Green; whereas the greater part of the present race are totally destitute of any kind of education.

With respect to the employments of those people before they commenced nostrum-mongers:—The celebrated Dr. Dee, and his companion Kelly, pretended to frequent communication with demons, and the angels Michael, Raphæl, Gabriel, and Uriel, the latter of whom not only communicated to them the philosopher's stone, but infallible remedies for the cure of diseases.

Notwithstanding the nostrum for making gold, Dee lived and died in great poverty. The angel's prescription for the cure of his wife was a very curious one; it consisted of a cock pheasant, pounded alive in a mortar, with amber, turpentine, and wine.

To the disgrace of literature and science, the works of this crazy enthusiast were published, with a long prefatory vindication, by Meric Causabon, D.D.

The celebrated Ward, whose remedies are now neglected, because they are known, was a footman, and during his attendance on his master on the Continent, obtained his nostrums from the

monks, who are almost all quacks. He was, however, a man of some genius and education, and very much superior to the present race of quacks.

Rock had been a porter; as was Walker, the vender of the famous Jesuits drops.

The celebrated electrico-magnetical Graham, who formerly made such a noise in this credulous nation, exhibited on a mountebank stage in *America*; and, it is probable, served previously in the office of zany.

Meyersbach*, who, availing himself of the credulity and gullibility of the good people of this kingdom, acquired a fortune equal to that of a *German* prince, offered himself as a *rough-riding* to a riding-house in London, but being rejected, commenced doctor.

Turlington was a broken master of a ship.

One Freeman, who annexed M.D. to his name, was a journeyman blacksmith, and returned from one of our colonies, where, as an indented servant, he was employed to shoe and bleed horses.

Two fellows are well remembered in Hampshire, who gathered and dispensed their drugs under astral influences, one of them a *weaver*, the other a *cobler*, who being too idle to follow their employments, found their account in becoming doctors.

Thickness was bred a cooper; but successively a mock clerk to the celebrated Whitfield; an officer of marines; gunner of Landguard Fort; and for many years author of dying speeches and St. Giles's ballads, and rape and murder-monger to the St. James's Chronicle, and at last commenced gout doctor.

Some of these nostrum-mongers have been appendages to the profession; and broken apothecaries and chemists have quitted their callings for this idle trade.

Dr. James, finding that book-making was a losing business, derived more advantage in vending his celebrated powder and analeptic pills.

Sir John Hill, also a voluminous author, had been a woollen-draper, but afterwards commenced doctor, and dispensed his tinctures and essences; but Hill was a man of some learning and genius; and indefatigable in his botanical pursuits; and all his quack remedies were at least inoffensive, though he certainly possessed more medical knowledge than the whole race of quacks put together.

And Norton acquired a considerable fortune by his Mare-dant's drops.†

* The ignorance and effrontery of this fellow was properly exposed by Dr. Lettsom.

† The active and enterprising spirit of the other sex has produced several fe-

The newspapers, two or three years ago, announced the death of one of these doctors, named Scot, who had been much celebrated. This man, who could not procure bread as an apothecary, would soon have realized a large fortune as a quack. Availing himself, very artfully, of *fashionable* prejudices, and in order that his pills might be adapted to all the fashionable diseases, he wrote a pamphlet to prove that nervous and bilious diseases were intimately connected with gout, and with each other. As some sort of reasoning and argument are generally expected in medical dissertations, he pilfered, without acknowledgment, an idea started thirty years ago by Dr. Shebbeare, viz. that the primary cause of all diseases proceeds from excess or defect of the electric fire; the novelty and *verity* of which could not fail to recommend it to his fashionable readers. Successors, however, to this celebrated gout doctor, have started up like mushrooms; and, like him, will soon *rot* into oblivion.

WEANING OF INFANTS.

When the mother wants health or strength, has nipples too small, or ill formed ones; when the infant will not take the breast; when the mother's milk is bad, or in too small quantity; when the mother has weak nerves, or apt to be surprised; these defects spoil the milk: if the child is suddenly taken ill, from the effects of the mother's fright, or anxiety; if the milk is often dried up quickly, when perhaps the infant has the most occasion for it; in such like cases, it is advisable to wean the child; nay, often absolutely necessary. It can never be necessary to continue the breast more than eight or nine months; but generally, if a child is favoured with a good supply, by sucking during his first three or four months, and is in a tolerably healthy state, he will rarely be the worse for weaning at this early period; so that if he is not rather weakly, and if difficulties attend his being suckled, there need not be any hesitation about taking him from the breast. If he feeds tolerably with the spoon, and is free from disorder in his bowels, a tendency to convulsions, &c., weaning may be attempted at any time. But if feeding with the spoon is difficult, if the child is much subject to the gripes, &c., another nurse should be sought for, and weaning must be deferred until more favourable circumstances attend. In general, the sooner a child is weaned, the more easily it parts with the breast. Prudence directs to accustom a child to early feeding

male adventurers in this line, who are *at least*, as great proficient as their brethren in the art of puffing off their nostrums. Mrs. Johnson, for example, and Mrs. Gowland Vincent.

with the spoon, and to continue the same until the breast be wholly omitted.

Children, if healthy, may be weaned at any age; but as, in general, their digestion grows strong enough at about nine or ten months, they should only be fed once in six hours at the most, during the first two months; should be entirely weaned from the breast as speedily as is convenient, and also from all feeding in the night, for that bloats them; and if they are not used to it in the first week, they would never want it. If they are not disturbed from their birth, in a week or two, the child will be formed to a habit of sleeping most of the night very quietly, awaking only when wet, on which occasion it should be laid dry.

The food should be simple and light; not spoiled with sugar, wine, and such like additions; for they produce the diseases that children are most troubled with. Unfermented flour makes a tough food, that turns sour before it digests; and well fermented bread soon turns sour; but if this latter is made into fresh panada every night and morning, or in cool weather, in the morning, the inconvenience of souring is prevented.

To prevent acidity in the child's stomach, by a daily use of vegetable food, give now and then a little fresh broth, made from either veal, mutton, or beef, once or twice in the day. Suppose, for example, a mixture of the equal parts of the gravy which is discharged in cutting a joint that is brought hot on the table, and warm water, to which may be added a little salt, and thus an excellent broth is readily made. This is said to fill children with humours, it is true; but the humours are only of the most nourishing kind. Cow's milk, a little diluted with water, is an excellent substitute for the mother's; yet it is apt to turn sour; rice is not so apt to turn sour as wheat bread is; it therefore would be a more convenient food for children, and deserves to be attended to. Toasted bread, boiled in water till it is almost dry, then mixed with fresh milk, not boiled, is an agreeable change. As the teeth advance, the diet may increase in its solidity.

As to the quantity, let the appetite be the measure of it; observing to satisfy hunger, but no more, which may be thus managed; feed the child no longer than he eats with a degree of eagerness; in feeding, let the child be held in a sitting posture, and thus continue it until the stomach has nearly digested its contents. The too common practice of violently dancing and shaking the child should be avoided.

Keep the child awake until it breaks wind after each time it is fed: divert it during the day as much as you can; and thus it will soon lie quiet all the night. Never awaken a child when

it is asleep, for thus sickness and peevishness are often produced. As soon as teeth appear, give the child, now and then, a piece of flesh meat in its hand to chew, but never give it any confectionaries.

MR. LAWRENCE ON RUPTURES.

Ruptures of long standing, where the contents have fallen into the purse, and either formed adhesions to its sides, or from the quantity of intestine or omentum that has descended, or having experienced an alteration in their form or texture, so as to render them incapable of being returned, this state of the complaint constitutes what is called the irreducible hernia.

In that case, the steel truss, as recommended in ruptures of the groin, can be of no service; but, on the contrary, produce mischief, by pressing on the intestines.

Suspensory Trusses.

A bag or suspensory truss, in this situation, is recommended for the purpose of supporting the loaded scrotum, and preserving it from pressure, bruise, &c. When the tumour is very large, a soft quilted bolster should be worn at the bottom of the suspensory, to prevent excoriation, and the scrotum should be frequently washed for the same reason: a loss of skin, in this part, and in such circumstances, being sometimes of the utmost importance. An attention to the bowels, in every species of rupture, is likewise essentially necessary; but, in this state of the malady, costiveness ought most particularly to be guarded against. By adopting these means, and observing these cautions, many people have lived to an advanced age, free from disease or complaint, with very large irreducible ruptures. Irreducible ruptures, occasioned by an enlarged, expanded, and hardened state of the omentum or caul, may, notwithstanding, be returned into the belly, provided the person will submit to confinement for six or eight months; and, during that period, to lie mostly in a recumbent posture. It will be necessary, at the same time, to observe a thin, light diet; together with occasional purges.

The ruptured parts should likewise be daily fomented with warm applications, such as decoction of poppy-heads with camomile-flowers, and a poultice of bread and milk, or linseed-meal, should be *constantly* applied to them.

Instances have occurred, where people, labouring under irreducible hernia, at the time when they have been attacked with a disorder that confined them to their bed for a considerable time, have very unexpectedly perceived, on their recovery,

that the rupture, formerly irreducible, was capable of being replaced in its natural situation.

The construction of those suspensory trusses generally used has been, with great propriety, objected to, on account of their not sufficiently supporting the parts; this produces pain in the back and loins, a dragging and uneasy sensation in the spermatic chord, and often creates a thickening and schirrhous enlargement of that part. To avoid any inconvenience of this kind, I have contrived a bandage, which, after an experience of several years, I can recommend as effectually answering the intended purpose.

It now becomes necessary to observe, that, after the rupture is reduced, and during the wearing of the truss, it will be extremely necessary to bathe the parts daily with either of the following

Cold Astringent Washes.

Take Oak bark, two ounces, and
three pints of water.

Boil them together on a slow fire, until they are reduced to one quart; strain them, and then add half an ounce of common alum; let this mixture stand until it is perfectly cold before it is applied—Or,

Take equal parts of lime and cold water.—Or, if this cannot be procured, a handful of salt to a quart of cold water will answer this purpose.

These bathings should be applied in the morning, when the rupture is up, and in the following manner:—The patient must lie down on his back, the truss gently loosened, and the pad raised, to avoid being wetted. Four or five doubles of linen; or a sponge, soaked in one of the mixtures above-mentioned, must be then applied to the part, and suffered to remain until it has lost its coldness. This should be continued for eight or ten minutes; but care should be taken not to apply these bathings when the patient is hot, but in a state of temperate coolness.

Medicines and Food.

As this disease is frequently produced by a relaxation of the system, general as well as partial cold bathings should be had recourse to, if no particular cause prevents the use of them. Medicines of a strengthening and tonic nature should likewise be administered, such as Peruvian bark, chalybeate waters from Tunbridge, Islington Spa, &c. When these cannot be procured, the following may be substituted:—

Take two ounces of chalybeate, or steel wine,
Epsom or Glauber's salts, one ounce and a half,

aromatic tincture, one ounce,
water, two pints.

Mix them together, and let a wine-glassful be taken morning and evening.

The addition of these purging-salts prevents the constipating effects which generally accompany the use of this mineral.

All kinds of food given to the patient must be light, and easy of digestion. Every species of nourishment that produces wind must be avoided, and the body kept gently open.

Oil, and such food as contains much oily matter in its composition, should likewise be avoided. It has been asserted that the Jews, Spaniards, and Italians, are particularly liable to this complaint, occasioned by their using a considerable quantity of oil in almost every thing they eat; and this opinion has been supported by several intelligent men who have written on this particular subject.

If the ruptured person has a tendency to costiveness, one of the following opening medicines should be administered:—

Take of sal polychrest, half a drachm;
rhubarb, twenty grains;
syrup of ginger, half an ounce;
water, two ounces.

Mix them together to form a draught.

Or,

Take of the best Turkey rhubarb, and fine sugar, each two drachms;
cinnamon, one drachm.

Let the ingredients be pounded, and afterwards mixed together.

Or the following:—

Take one drachm of soluble tartar,
and a like quantity of cream of tartar;
also half a drachm of purified nitre.

Make them into a powder.

When costiveness is accompanied with wind, a tea-spoonful of the former powder may be taken once or twice a day, according to circumstances. To such people as cannot take medicine in a liquid state, (which is frequently the case,) and are costive, I recommend the following pill:—

Take extract of bitter apple and vitriolated tartar, of each two drachms;

Castile soap one drachm;
and syrup of ginger, as much as will make them of proper consistence for pills.

One or two may be taken, but this must be regulated according to circumstances.

As trusses are considered the most important and effectual contrivance for alleviating, and frequently preventing, the disease from increasing, I am induced to recommend to all surgeons, who reside in the country, to provide themselves with an assortment of these bandages suited to the different species of the malady, and the age, size, and sex of the people in general. I have experienced, in a variety of cases, the happiest consequences by adopting this method even in the metropolis, where trusses can be soon provided. In many instances, an immediate application of the truss is of the utmost importance, and therefore I keep a quantity of them by me, that a moment may not be lost in fitting them to the part affected. In many remote parts of the country, several days may elapse before the surgeon can be supplied with a truss; and when delivered, it is extremely probable that some part of the bandage will be found defective. The necessity, therefore, of providing against delays which may be fatal to the patient must be obvious; and therefore I earnestly recommend to those professional men who reside in the country, to provide a competent assortment of trusses, and to have them made in London by the most skilful hands.

To avoid, however, as much as possible, the inconveniences that must arise from a delay or disappointment in these bandages, I shall here lay down certain rules by which the patient will be competent to give

Directions for the Truss-Maker,

and these may be sent, however distant the afflicted person and the artist may reside from each other. *First*, Describe the cause of the rupture, whether it was occasioned by a blow, a fall, or some violent effort. *Secondly*, Whether the accident was recent or of long standing. *Thirdly*, Distinguish carefully the part where the rupture is situated; whether it is in the groin, the folding of the thigh, &c. and on what side. *Fourthly*, Mention its size and figure, whether it is round or long. *Fifthly*, Say whether it re-enters easily or with some difficulty, standing or lying, or whether it remains descended in these situations. *Sixthly*, When the rupture is at the folding of the groin, describe whether it descended into the purse. *Seventhly*, If the patient hath two ruptures, he must specify which is the largest, whether one returns with more difficulty than the other, or whether they are both of an equal size. *Eighthly*, He must say whether he is lean or corpulent. *Ninthly*, If he hath any deformities, particularly in the hip-bones, it will be necessary to specify what they are, and whether they are natural or acci-

dental. These differences should be known for the proper construction and bending of the truss. *Tenthly*, A just measure of the girdle, taken at the seat of the rupture, with a slip of paper about half an inch broad, should be likewise sent.—If the rupture be in the navel, the exact size of the belly must be taken, and this may be done by placing the centre of the measure on the back, and bringing its two ends to the part ruptured.

PHILOSOPHY OF VISION.—No. 6.

Of the Inner Eyelid.

On the inner surface of the eyelids is a very delicate skin, full of branching blood-vessels, which folds up over the front of the eye-ball, and is there transparent. It is also larger than the parts it covers, and loose to admit of motion. It is in this delicate skin that blood-vessels are seen when the eyes are inflamed or bloodshot. Even in the healthiest eye, little hair-like blood-vessels may commonly be observed branching elegantly through this transparent skin. Its transparency is dimmed by disease, and altered by passion.

Whether this membrane covers the transparent central circle of the eye, is a question which is still agitated. If it does, it certainly becomes more transparent, and adheres so closely as to be with difficulty detached, and appears to be part of the cornea. After steeping it in water, it can be more easily stript off. In some diseases its distinctness is also manifest, as in that species of inflammation which spreads over it like a fan. Such is the reasoning of Mr. Travers, and it appears very plausible. When the channel of the tears is obstructed, this membrane, for want of moisture, is sometimes converted into a wrinkled and opaque skin.

It is the common opinion, that moisture is given out by this skin different from the tears; but Mr. Travers has stated several very plausible reasons, to shew that the opinion is unfounded. Among others, he mentions the case of a young woman who had never shed tears, and whose eye was dry and shrivelled.

The Natural Ointment of the Eyelid.

There is, however, another supply of ointment provided for the eye besides the tears, although we admit that the delicate envelope of skin is naturally dry. This ointment is prepared in beautiful little glands, about thirty in each eyelid, which are interspersed within the fine skin of the inner eyelid near to the roots of the eye lashes, appearing when magnified, like studs of minute pearls. The ointment itself, according to Magendie, is of a glairy consistence, of the nature of the white of an egg, and capable of

being dissolved in the tears. It is intended to blunt the acrimony of the salt contained in the tears, which might, without this salve, be too harsh for the eye. When the tears are deficient in quantity, as during sleep, this ointment is not dissolved, but is collected in the corners of the eye, and sometimes when it is very abundant and thicker than usual, it glues the eyelids together. In such cases warm water will readily dissolve the gum-like matter and clear the eye.

The little canals which discharge this ointment are sometimes obstructed and become inflamed, producing a small, hard, red, painful swelling, well known by the name of the sty. It requires no medical treatment, unless it be unusually bad, as in most cases it goes off in a few days. By an old woman it is recommended to rub the part with a wedding-ring, or the tail of a black cat. When the sty occurs repeatedly in the same person, it indicates that the stomach is deranged, and the general health should therefore be attended to.

The tears and the dissolved and diluted ointment now described, are constantly spread over the eye-ball by the sweep of the eyelids, which act like valves, and are composed of semi-transparent muscular substance attached to a ring of gristle or cartilage, which is hinged on the adjacent bone, and gives them firmness and preserves their shape. There is under the skin here a thin fluid, which after excess of fatigue, or of debauchery, as well as after violent diseases, becomes thicker and more abundant, and gives the eyelids a dark leaden-blue colour, which, whenever it appears, is a sure mark of exhaustion and weakness.

The Eyelids.

These are elegantly fringed with short hairs, either to defend the eye with a grate-work from any thing falling into it; or to perform some unknown operation on light, excluding, for example, extraneous rays, as the hairs of the ear and of the nostril probably do, something similar with respect to sounds and odours. When these hairs are removed, it always impairs the vision, which is another proof of their use.

When the eye lashes are wet with tears, the little drops act upon the light as dew-drops do, and produce beams of rainbow colours. This is most remarkable in looking by night at a distant light. When the eye lashes are dried the beams disappear.

The upper eyelid only is raised when the eye is opened; and this is performed by a fan-shaped little muscle attached to the inner part of the bone of the socket. This muscle is sometimes paralysed, in which case the eye can only be opened by the hand.

The eye is shut by another muscle which surrounds the eyelids. The wider the eyelids open, as Bichât remarks, the larger does the eye appear; and consequently our opinion respecting the size of the eye must often be incorrect. It is on account of its causing the eyelids to contract that antimony has been used in the East, from the earliest time, to anoint the eyelids.

The use of the eyelids is strikingly demonstrated from what takes place when they are cut off—a savage punishment sometimes practised in barbarous countries. This prevents sleep, and from the constant irritation of the light, the eyes inflame, the inflammation spreads to the brain, and the victim of torture expires in the most dreadful agony. In bad cases of the disease, in which the eyelids are turned outwards, unless surgical assistance is obtained, a similar effect will be produced. The eyelids, when turned inwards by disease, also greatly irritate the eye. No application, except the surgeon's instruments, is of any avail in either of these cases. A more distressing case still, is the growing of the bristles between the inner eye and the ball. Cutting these only multiplies them, unless the eyelid be kept constantly open.—Such is the mechanism for anointing, and for opening and shutting the eye.

The Eye Brush.

There is also a contrivance for freeing the eye from dust and other loose matter. We can see this best by examining it in a looking-glass, when the eye is turned away as far as possible from the nose. It is a little red fleshy membrane, in the form of a half moon, which is then spread over the inner part of the eye; and when any dust has fallen upon the ball, it sticks to this, and is carried into the corner of the eye, by the membrane folding back. All dust and offensive matter is by this means thrown out at the corner of the eye, beyond the small holes of the entrance to the canal of the tears, otherwise these might be obstructed.

This is aided by a fleshy substance in the inner corner of each eye called the *caruncle*, formed of seven or eight folds, arranged in a semicircle, and studded with small hairs. The use of these hairs appears to be to throw out dust or other foreign matter, carried thither by the eye-brush. It is also useful in directing the tears through the canals into the nose. It likewise gives out an ointment like that of the eyelids. This substance is a good test of strength or weakness, being pale when the constitution is debilitated, and florid in high health. The ancients thought it was the source of the tears, evidently because they never examined it.

GOURMANDERIE FOR JANUARY.

Rarement à courir le monde
On devient plus homme de bien.—ANON.

Thus we pace round the circle of time, which, like a well-furnished table, affords a dish for every one's taste and fancy. "Go to the ant, thou sluggard," who will not give thyself the trouble to study the only science of paramount utility in this nether world—go and learn wisdom from the tiny little creature who does not so much "lay up corn for the Winter as in a store-house," but actually, (as M. Huber so beautifully shews,) provides a magazine of "milk and honey" for the dreary days of December, and the festivals of old January. And now, while the ants are feasting on their Summer stores, let us give melancholy to the winds, and plunge deep, with heart and soul, into all the glorious jubilee and joy of this happy season.

The commencement of the year, in England, has, from time immemorial, been a season of festivity; and, accordingly, the month of January is one of the most distinguished in the calendar for good cheer. At no time is the metropolis more abundantly stocked with provisions of every kind, or the stomachs of its inhabitants in better plight for consuming them. The bracing air of Winter promotes exercise and quickens appetite; the gloom of the season, its long nights and short days, create a relish for social and domestic enjoyments; of which dinner, being the most substantial, is most generally interesting; nor can any thing, more splendidly and durably attractive than this repast, be found in the whole circle of our Summer pleasures.

Following the close of our joyous Christmas, which, as Sir Roger de Coverly goodnaturedly observes, could not have been contrived to take place at a better time—this month commences with a series of convivial meetings, which rarely terminates before the feast of the Epiphany, when twelfth night, the jubilee of the pastry-cooks, affords another occasion of mirth and revelry. At this period of the year a brisk interchange of presents is kept up between the citizens and their friends in the country, from whom profuse supplies of turkies, pheasants, hares, geese, and partridges, are received in return for barrels of oysters and baskets of Billingsgate fish. So plenteous and diversified are the arrivals of poultry and game, that an epicure who might covet a repast of that kind, could scarcely imagine a more satisfactory bill of fare, than the way-bill of one of the Norwich coaches. The supply of fish is equally various and abundant; it consists of salmon, haddock, cod, skate, whittings, soles, lob-

sters, and oysters. The meats in season are beef, veal, mutton, pork, and house-lamb; to which may be added, Westphalia and North-country hams, Canterbury and Oxfordshire brawn, salted chines and tongues. Of the feathered tribes, besides fowls and turkies, there are capons, guinea-fowls, pea-hens, wild-ducks, widgeons, teal, plovers, and a great variety of wild water-fowl, as well as woodcocks, snipes, and larks. Notwithstanding the rigour of the season, a profusion of vegetables is found to accompany this treasure of viands; the skill and industry of our horticulturists having enlivened the sterility of Winter with the verdure of Spring. Not only potatoes, savoy cabbages, sprouts, brocoli, kale, turnips, onions, and earrots, but even forced small salads are in season; and some epieures boast of having so far anticipated the course of vegetable nature, as to regale their friends at Christmas with asparagus and green peas.

To complete this catalogue of luxuries, there is an infinite variety of puddings and pastry, among which the plum-pudding holds, by national preference, the first rank, being the inseparable companion, or rather follower of roast beef: puddings also of semolina, millet, and rice; tarts of preserved fruit, apple-pies, and last, though not least in estimation, that delicious medley the mince-pie. When the appetite has been satiated by these solid viands, it may be further amused by a succession of custards and jellies; and lastly, by a dessert of Portugal grapes, oranges, apples, pears, walnuts, and other fruits indigenous or exotic, crude or candied.

From this rapid glance at the supplies of the table for January, it must be evident, that they comprehend a great proportion of the alimentary productions of the year; and, indeed, many of the main articles of solid fare are in season either perennially, or for several months in succession. Of the former are beef, mutton, veal, and house-lamb; salmon, turbot, flounders, soles, whittings, Dutch herrings, lobsters, crabs, shrimps, eels, and anchovies; fowls, chickens, pullets, tame pigeons, and tame rabbits. There is scarcely one article of diet, animal or vegetable, the appearance of which, at table, is limited to a single month; and of course, in forming a calendar of meats, it becomes necessary so to class and distribute them, that each shall be mentioned under the month when it is in greatest request, with an indication of the entire period, during which it continues in season.

Beef.—The derivation of this term from the French word *bœuf*, may account for the preference which is generally given to the flesh of the ox, though, according to some tastes, that of the heifer is better, if well fed. Good beef should have a smooth

open grain, delicately marbled with streaks of fat; the flesh should look red and feel tender, and the colour of the fat should be rather white than yellow; the latter tint being a strong indication that the beast has been fed upon oil-cake, in which case the meat will have by no means so fine a flavour, and the fat will almost wholly melt away in the cooking. Cow-beef has a closer grain and whiter fat than ox-beef, from which it may also be distinguished by the udder, when viewed in the whole or in quarters. The sweetest and best flavoured beef, is that of the little Scotch bullock, when fed to a proper condition in English pasture. Northamptonshire is noted for good beef of a large size, and Leicestershire for very large oxen, but their flesh is by no means in high repute for fine flavour, the quality being almost in an inverse ratio to the quantity.

Veal.—The flesh of a bull-calf is firmer than that of a cow-calf, but not so white; the fillet of the latter is generally preferred on account of the udder. The whitest veal is not the most juicy, having been made so by frequent bleeding. In the choice of this meat, one of the best indications is, that the kidney be covered with white dense fat. In the loin, the kidney first becomes putrescent, and the fat in that case loses its firm consistence. If the vein in the shoulder appears blue, or of a bright red, it is to be presumed that the beast has been recently killed; if the meat is clammy and spotted, it is stale and bad. It is to be remarked, that on account of the great demand for milk in the metropolis, the calves produced in the immediate vicinity, are sent to a distance to be suckled; Essex is the general nursery for them, and from thence they are brought to market at a proper age, in high condition for the table.

Mutton.—The flesh of the wether should always be preferred to that of the ewe, which is paler, and of closer grain. It is in greatest perfection at six years old; the lean should be of a good colour, and the fat firm and white. The flavour of ram-mutton is disagreeably strong, the flesh of a deep red, and the fat spongy. Mutton fed on mountains and downs, where the herbage is short and fine, is better than that fed on rich pasture. Hence the preference given to the South down, to the small Welsh mutton, and that of the Highlands of Scotland. Leicestershire and the marshes of Kent produce the largest and fattest sheep.

Lamb.—In the choice of lamb, one of the first objects of attention is the eye, which should be bright and full; if it be sunk and wrinkled, the meat will be stale. The vein in the neck should be of a fine blue, and not green or yellow. If there

be a faint disagreeable smell near the kidney, and the knuckle be very flexible, it is no longer fit for table.

Pork.—A thin rind is a good indication in all pork; a thick tough one, not easily impressed with the finger, is a sign of age. If the flesh be clammy it is tainted. The lean of young pork will break on being pinched. Measley pork, which is very unwholesome, is easily distinguishable from sound pork, by the fat being full of kernels. London is supplied with the best pork from the dairy farms in Essex.

Hams are chosen by the shortness of the shank. To judge of their quality, a sharp thin knife is stuck under the bone; if it come out clean and smell sweet, the ham is unobjectionable; if it be daubed and have a fetid smell, the meat will prove bad.

Bacon should have a thin rind; the fat should be firm, and of a red tinge; the lean, tender and well coloured, and adhering to the bone. If there be yellow streaks, it is either already rusty, or very soon will be.

Poultry.—Barn-door fed fowls are preferable to those fatted in coops. Much experience and personal observation are requisite in forming a judgment of their freshness and goodness. It may be observed, generally, that any appearance of greenness about the rump is a sure sign of putrescency. Young poultry may be distinguished by the pellucid appearance and peculiar feel of the flesh, and by the flexibility of the breast bone: many poulterers, aware of the latter criterion, take care to break the breast bone of every fowl they expose for sale. Young cocks have short spurs, but those of old ones may be scraped so as to deceive any but a very accurate observer. The bill and feet of a goose, when young, are yellow; they turn red as the bird grows old. To ascertain that a goose has been fresh killed, the legs and feet must be examined; they ought to be limber; if stiff, the bird is not fresh. The same observations apply to ducks. Of the many varieties of wild ducks, those with red legs are held in highest estimation.

Game.—The animals which come under the description of game, seldom arrive in a bad state, since a little keeping improves their flavour. Partridges, when young, have yellowish legs, and dark-coloured bills; blue legs and a white bill are signs of age. Hares, when old, have blunt and ragged claws; their bones are hard, and they are very difficult to ease. The ears also are dry and tough, and the cleft between the lips wide and large; the contrary indications denote a hare to be young. A leveret is chiefly distinguished from a hare by a small bony protuberance on the fore-leg, near the foot.

Fish.—Turbot, eels, flounders, carp, teneli, pike, and sometimes soles; as also lobsters, oysters, crabs, and other shell-fish, are usually delivered to the cook alive. Some of the latter species, however, may be kept so long alive, after being caught, that their flesh shall be almost wasted away. Cod, skate, maids, and thornbaek, should be in a state fit to erimp, and are so when the flesh rises again on being pressed with the finger. Salmon, haddock, whiting, and all other fish, whether of the sea, pond, or river, may be judged, as to freshness, by the red lively colour of the gills, the brightness of the eyes, the closeness and regular undisturbed position of the scales, and a plumpness of body, almost amounting to stiffness. A dead eye, livid gills, and flabby condition of flesh, are sure signs that the meat is stale. Soles, John Dories, mullets, gurnets, and other delicate fish, that come to market gutted and packed, by land earriage, must be judged by the smell. The freshness of mackarel may be ascertained by the stiffness of the body and the prismatic brilliancy of its colours; that of herrings and sprats, by the brightness of the scales.

The fish in season this month are sea-salmon, turbot, thornbaek, skate, soles, flounders, plaice, haddock, cod, whittings, eels, sprats, lobsters, crabs, crayfish, oysters, museles, cockles, Dutch herrings, and anchovies. There is also a small supply of mackarel in this and the preceeding month.

The poultry and game are turkies, capons, fowls, pullets, geese, ducklings, wild ducks, widgeons, teal, plovers, woodcocks, snipes, larks, tame pigeons, hares, henns, partridges, pheasants, wild and tame rabbits, and grouse. Of fowls the game breed is most esteemed for flavour. The Poland breed is the largest. Dorking, in Surrey, and Epping, in Essex, are alike famed in the metropolis for good poultry. In the neighbourhood of Bethnal Green and Mile End, are several large establishments for fattening all kinds of domestic fowls, for the supply of Leadenhall market and the shipping in the port of London; these repositories have every convenience, such as large barns, enclosed paddocks, ponds, &c.: but, however well contrived and managed they may be, every person of taste will prefer a real barn-door fed fowl to those fed in them. The county of Norfolk has the reputation of breeding the finest turkies; they are in season from November to Mareh, at which period they are succeeded by turkey-poults. The various birds of passage, such as wild-ducks, widgeons, teal, plovers, &c. which arrive here in the cold season, are to be found in most parts of England; but London is chiefly supplied from the fens of Lincolnshire and Cambridge-shire. There are said to be more than a hundred varieties of

the duck tribe alone ; those with red legs are accounted the best. The plover's eggs, seen in such abundance in the poultry shops, are generally picked up by shepherds and cottagers on the moors and commons, where they have been dropped by the birds during their temporary sojourn in this country. They are considered a very great delicacy.

ON CREDIT, ITS VALUE, AND HOW IT MAY BE LOST.
BY A TRADESMAN.

Credit is so much a tradesman's blessing, that it is the choicest ware he deals in, and he cannot be too chary of it when he has it, or buy it too dear when he wants it ; it is a stock to his warehouse ; it is current money in his cash-box : it accepts all his bills ; for it is on the fund of his credit that he has any bills to accept ; demands would else be all made on the spot, and he must pay for his goods before he has them ; therefore I say it accepts all his bills, and oftentimes pays them too. In a word, it is the life and soul of his trade, and it requires his utmost vigilance to preserve it.

If then his own credit should be of so much value to him, and he should be so nice in his concern about it, he ought, in some degree, to have the same care of his neighbour's. Religion teaches us not to defame our neighbour, or to propagate any slander upon his good name. As a good name is to another man, that which *Saunders* says, "is better than life," the same is credit to a tradesman ; *his* is the life of his trade, and he that wounds a tradesman's credit without cause, is as much a murderer in trade as he that kills a man in the dark is a murderer in matters of blood.

Besides, there is a particular nicety in the credit of a tradesman, which does not reach to many other cases : a man is slandered in his character or reputation, and it is injurious ; and if it comes in the way of a marriage, or of a preferment, or post, it may disappoint and ruin him ; but if this happens to a tradesman, he is immediately and unavoidably blasted and undone. A tradesman has but two sorts of enemies to encounter, namely, thieves breaking open his shop, and ill neighbours blasting his reputation ; and the latter are the worse thieves of the two, by a great deal ; and therefore people should indeed be more chary of their discourse of tradesmen than of other men.

A tradesman's credit, and a maid's virtue, ought to be equally sacred from evil tongues ; and it is a very unhappy truth, that as times now go, they are neither of them regarded among us as they ought to be. The tea-table among the ladies, and the coffee-house among the men, seem to be places devoted to

scandal, and where the characters of all kinds of persons and professions are handled in the most merciless manner ; where reproach triumphs, and we seem to give ourselves a loose to fall upon one another, in the most unchristian manner in the world.

It seems a little hard, that the reputation of a young lady, or of a new married couple, or of people in the most critical season of establishing the characters of their persons and families, should lie at the mercy of the tea-table : nor is it less hard, that the credit of a tradesman, which is the same thing in its nature as the virtue of a lady, should be tossed about, shuttle-cock like, from one table to another in the coffee-house, till they shall talk all his creditors about his ears, and bring him to the very misfortune which they reported him to be near ; when, at the same time, he owed them nothing who raised the clamour, and nothing to all the world but what he was able to pay.

And yet how many tradesmen have been thus undone ; and how many more have been put to the full trial of their strength in trade, and have stood by the mere force of their good circumstances ; whereas, had they been unfurnished with cash to have answered their whole debts, they must have fallen with the rest.

I remember a shop-keeper, wanton in his good circumstances, who one time took the foolish liberty with himself, in public company in a coffee-house, to say, that he was broke : “ I assure you,” says he, “ that I am ; and to-morrow I resolve to shut up my shop, and call my creditors together.” It seems he had a relation just dead in his house, who the next day was to be buried, when, in decency, he kept the shop shut ; and several people whom he dealt with, and owed money to, were the next day invited to the funeral : so that he did actually shut up his shop, and call some of his creditors together. But he sorely repented the jest which he put upon himself. “ Are you broke ?” says one of his friends to him, who was in the coffee-house at the same time, “ Then I wish I had the little money you owe me” (which, however, it seems, was not much). Says the other, still carrying on his jest, “ I shall pay nobody at all, till, as I told you, I have called my people together.” The other did not reach this dull jest, but he reached that part of it which concerned himself, and seeing him continue carelessly sitting in the shop, slipped out, and had him forthwith arrested. The other was a little surprised ; but, however, the debt being no great sum, he paid it ; and when he found his mistake, told his friends what he meant by his being broke.

But it did not end there ; for other people who were then in the coffee-house, and heard his discourse, and had thought nothing more of it, yet in the morning seeing his shop shut, con-

cluded the thing was so indeed, and immediately it went over the whole street, that such a one was broke; from thence it went to the Exchange, and from thence into the country, among all his dealers, who came up in a throng and fright to look after him. In a word, he had much ado to prevent his breaking in good earnest; and if he had not had very good friends, as well as a very good bottom, he had inevitably been ruined and undone. So small a rumour will upset a tradesman, if he is not very careful of himself; and if a word of jest from himself (which though, indeed, no man that considered things, or thought before he spoke, would have said) could be so fatal, and run such a dangerous length, what may not words spoken slyly, and secretly, and maliciously, be made to do?

A tradesman's reputation is of the nicest nature imaginable; like a blight upon a fine flower, if it is but touched, the beauty, or the flavour, or the seed of it is lost, though the noxious breath which touched it might not reach to blast the leaf, or hurt the root. The credit of a tradesman, at least in his beginning, is too much at the mercy of every enemy he has, till it has taken root, and is established on a solid foundation of good conduct and success. It is a sad truth, that every idle tongue can blast a young shopkeeper; and therefore, though I would not discourage any young beginners, yet it is highly beneficial to let them know, that they must expect a storm of scandal and reproach upon the least slip they make; if they but stumble, fame will throw them down. It is true, if they recover, she will set them up as fast; but malice generally runs before, and bears down all with it; and there are ten tradesmen who fall under the weight of slander and an ill tongue, to one that is lifted up again by the common hurry of report.

To say I am broke, or in danger of breaking, is to break me; and though sometimes the malicious occasion is discovered, and the author detected and exposed, yet how seldom is it so, and how much oftener are ill reports raised, to ruin and run down a tradesman, and the credit of a shop; and, like an arrow that flies in the dark, it wounds unseen. The authors, no, nor the occasion of these reports, are never, perhaps, discovered, or so much as rightly guessed at; yet the poor tradesman feels the wound, receives the deadly blow, and is, perhaps, mortally stabbed in the vitals of his trade, his trading credit, and never knows who hurt him.

I must say, in the tradesman's behalf, that he is, in such a case, to be esteemed a sacrifice to the worst and most hellish of all secret crimes, I mean, envy; which is made up of every hateful vice; a complication of crimes, which nothing but the worst

of God's reasonable world can be guilty of; and he that falls thus, will indeed merit and call for every honest man's pity and concern. But what relief is that to him? for in the mean time the blow shall take; and every man, though at the same time expressing his horror and aversion at the thing, shall yet not be able himself to say, he receives no impression from it. That is to say, though I know the clamour or rumour was raised maliciously, and from a secret envy at the prosperity of the man, yet if I deal with him, in spite of all my abhorrence of the thing, and my willingness to do justice, it will be some shock to my confidence in the man. There is a secret lurking doubt which hangs upon me concerning him; and there is such a powerful sympathy between our thoughts and our interest, that the first being but touched, and that in the slightest manner imaginable, we cannot help it; caution steps in on behalf of the last, and the man is jealous and afraid, in spite of all the kindest and best intentions in the world.

Nor is it only dangerous in case of false accusations and false charges, for those, indeed, are to be expected fatal; but even just and true things may be as fatal as false; for the truth is not always necessary to be said of a tradesman. Many things a tradesman may perhaps allow himself to do, and may be lawfully done, but if they should be known to be part of his character, they would sink deep into his trading fame; his credit would suffer by it, and in the end it might be his ruin. So that he that would not set his hand to his neighbour's ruin, he should as carefully avoid speaking some truths, as raising some forgeries upon him.

Of what fatal consequence then is the raising rumours and suspicions upon the credit and characters of young tradesmen! and how little do those who are forward to raise such suspicions, and spread such rumours, consult conscience, or principle, or honour, in what they do! How little do they consider, that they are committing a trading murder; and that, in respect to the justice of it, they may, with much more equity, break open and rob the tradesman's house; for what they can carry away thence, will not do him half the injury that may be done him by taking away his good name; so true is that excellent observation of our celebrated English poet:—

—— Good name, in man or woman,
Is the immediate jewel of our souls.
Who steals my purse, steals trash; 'tis something—nothing
'Twas mine, 'tis his, and has been slave to thousands;
But he that filches from me my good name,
Robs me of that—which not enriches him,
And makes me poor indeed.

The loss of his money or goods is easily made up, and may be sometimes repaired. The one is breaking open his house, but the other is burning it down: the one carries away some goods, but the other shuts out goods from coming in—one is hurting the tradesman, but the other is undoing him.

MR. ABERNETHY'S ADVICE TO HIS PATIENTS. No. 2.

[Continued from Page 176.]

From the specimen already given, our readers will have a foretaste or smack of what they are to expect by reading "my book, at page 72." This celebrated page and its succeeding brethren, contain the grand theory of all diseases, as laid down by Mr. Abernethy, who traces every thing—from the smallest scratch to the most terrific sword wound, and from the little pin's head pimple to the most alarming cancer—to disorder in the organs of digestion. We shall suppose that you scratch your finger by accident—a small scratch let it be—scarcely discernible; and though your stomach and the other organs of digestion be all the while sound and strong, no sooner is your finger scratched, than they take alarm at the accident and begin to twinge, and gnaw, and get out of order from sheer terror of threatened danger, of which the finger-scratch is an undeniable token. The liver and the bile are consequently involved in the effects of the scratch; and as good blood cannot be made without a proper portion of good bile, the blood is also deteriorated and corrupted—all by this little scratch upon the finger. The nerves, also, at the same time are put upon the alert, and watch with anxiety for a second attack of scratching, and it will be well if they do not in the bustle begin by pulling and twitching till they give you a violent cramp, or a fit of gout, and end by landing you in a terrible fit of *tie douloureux*, or a fatal paroxysm of lock-jaw—all, all from a single trifling scratch on the finger. Such is a specimen of Abernethyism somewhat *en haute*, but true to the letter, as you may see by reading what we have already given as a specimen of the famous "page 72," and what we shall farther display in our present paper.

We have one remark, however, to make on a part of what we have already given, which we should not willingly pass over—it relates to his opinion of old Cornaro. We have more than once alluded to this, but even at the risk of repetition, we must say with all deference to Mr. Abernethy's superior discernment that he has entirely misunderstood Cornaro's secret, which was not so much his attention to a measured quantity of food, as

his steady adherence to the glorious maxim of “laugh and grow fat.” Cornaro’s whole book, and all the particulars known of his life, show that this was his secret for long life—his universal remedy for all diseases, and how Mr. Abernethy could have missed perceiving it, as he evidently has, we cannot divine, more particularly as it appears to be his own secret no less than Cornaro’s; for we are persuaded that Mr. Abernethy is greatly indebted for his good health to his inexhaustible humour—his jovial, laughing, quizzical, broad wit, and the cheerfulness and incessant dance of the spirits, and the blood which these keep alive in his corporation. Mr. Abernethy is well known to break all his own rules with respect to diet and drink, every day of his life—but he never forgets his jokes, and his laugh and all his gleesome chuckle of genuine and ingenious humour, and these neutralize (if we may speak chemically) the derangements in his digestive organs, caused by accidental finger-scratches, and potations—pottle-deep—during dinner, contrary to the example of horses and other cattle, which he so strongly recommends all invalids to follow. “Laugh then and be fat,” and in this season of mirth and festivity follow the doctor’s practice—not his precept; remembering always our precaution of temperance. “Ah! but page 72, what does it say?” Burn page 72, we had *almost* said: but no—let us hear what the humorous and theorizing old gentleman has to tell us farther about diet and drinking. We like to give fair play—as it is said to be a jewel of great price, and after hearing him to an end we may be permitted, perhaps, to *doubt* whether all that the great man chooses to tell us is for the welfare of our precious stomachs.

Effects of Mercury.

“Facts are wanting to enable us to ascertain whether mercury meliorates and augments the secretions of the other digestive organs, as it does that of the liver. The stomach frequently appears worse during its employment, whilst the stools are considerably better; I have in such cases discontinued the medicine, and returned to it again if the state of the liver made it necessary. When benefit is obtained from a small quantity of medicine, we naturally expect an increased advantage from an augmented dose; this is so natural an error, that an admonition against it appears necessary. I have observed in some instances, where small doses of mercury have unexpectedly affected the mouth, that considerable benefit seemed to arise from this circumstance. Yet it is wrong, in general, to augment the dose of the medicine, so as to create even local irritation in the

bowels by it. The various effects of mercury in disorders of the digestive organs, cannot, I think, be understood, but by considering, not merely its local operation on these organs, but also its action on the constitution at large. When we see the biliary secretion corrected by a few grains of the *pilul. hydrarg.* as in the second case, we cannot but believe its action to be local. When the medicine is given in larger doses, it exerts an influence on the whole constitution, and alters the state of the nervous system. It thus controls diseases dependent on an irritable and disturbed state of the nervous functions; this I think I shall be able to show, by cases related in that part of this book which treats on diseases induced by the absorption of morbid animal poisons; and thus mercury may relieve disorders of the digestive organs by relieving the nervous disorder which caused them. But when mercury is given in still larger doses, as it is for the cure of syphilis, it never fails to irritate and weaken the constitution, and thus to disorder the digestive organs. Persons who are salivated, have, as far as I have remarked, the functions of the liver and digestive organs constantly disturbed by that process. I cannot, therefore, but think that it is wrong to use mercury in hepatic affections to that extent which would disorder the functions of the liver, if they were previously healthy. In the majority of cases, the disorder has existed for a long time, and has become habitual; therefore it is not likely to be cured suddenly. For this reason, we should adapt our treatment to the more rational expectation of effecting a gradual recovery than a sudden cure. I have also known many cases where the liberal use of mercury has completely failed, in which the functions of the liver were even in a short space of time restored by alterative doses of that medicine. It seems to me that it is by the persevering use of innocent excitement that this object is soonest accomplished. The most judicious treatment will not remedy the disease if the exciting causes continue to operate; such as improprieties of diet, agitation of mind, sedentary habits, or impure air.

“Although experience has made me think very highly of the efficacy of small doses of mercury, in exciting and correcting the biliary secretion; yet it ought to be mentioned, that in some few cases this medicine fails to produce its usual effects, and that the biliary secretion becomes healthy without its administration. Nor is this surprising, for, in general disorders of the digestive organs, one organ is more disordered than the rest, and appears to have been the cause of the whole affection.

“Thus the liver may disturb the functions of the stomach and bowels, or it may be disturbed by *them*. When the liver is dis-

turbed by the stomach, its function will become right without mercury, upon the stomach regaining tranquillity and health.

“The following cases will afford sufficient testimony of the efficacy of such simple treatment as I have recommended, and which appears to be well adapted to gradually restoring the healthy actions of the digestive organs in cases of chronic disorder and disease. The treatment must be considered very deficient, as a general account of what can be effected by medicine. In acute disorders of the digestive organs, we know that nauseating medicines, by exciting the secretions, often relieve stomachic irritation; and that emetics and other remedies which suddenly and powerfully affect the stomach, produce great changes in the state of that organ, and of the nervous system, as well as corresponding alterations in local diseases. In some inveterate cases, apparently depending on established nervous disorder, this simple treatment has been ineffectual. Under such circumstances, the nervous affection appears to require the principal attention.

“In investigating the treatment of these disorders, it is necessary to ascertain, not only what medicine is beneficial, but also what change it produces in the circumstances of the disorder. The administration of a medicine may, in one case, be succeeded by a discharge of bile, and a striking relief from long-continued and distressful feelings; yet the same medicine may be given in many other instances, without the same consequence. Was the change then, in this instance, accidental? or must it be attributed to some unnoticed peculiarity in the disease or constitution?”

Explanation of the Theory.

“I have generally explained to the patients the objects which I had in view, in correcting disorders of the digestive organs, by saying, that there are three things which I consider as right and necessary to the cure of disorder. First, that the stomach should thoroughly digest all the food that is put into it. The patient perceiving the necessity of obtaining this end, becomes attentive to his diet, and observes the effect which the quantity and quality of his food and medicines have upon his feelings, and the apparent powers of his stomach. Secondly, that the residue of the food should be daily discharged from the bowels; here, too, the patient, apprised of the design, notes what kind and dose of purgative medicine best effect the intention; and whether it answers better if taken at once, or at intervals.

“Thirdly, that the secretion of bile should be right, both with respect to quantity and quality. In cases wherein the secre-

tion of bile has been for a long time deficient or faulty, I recommend, as I have said, unirritating and undeblilitating doses of mercury to be taken every second or third night, till the stools become of the wet rhubarb colour; that is, of a deep brown formed by the intensity of the yellow colour. This mode of exhibiting the medicine has, at least, the advantage of being innocent; and if months elapse before the object is accomplished, we cannot wonder at the tardiness of the cure, when we consider the probable duration of the disorder prior to our attempts to correct it. The patient is relieved in proportion as the end is accomplished, which feelingly induces him to persevere in such innocent measures. By thus engaging the co-operation of the patient, the practitioner will, in my opinion, derive considerable advantage in the treatment of the case."

Exercise.

"Whenever circumstances would permit, I have recommended the patients to take as much exercise as they could, short of producing fatigue; to live much in the open air; and, if possible, not to suffer their minds to be agitated by anxiety, or fatigued by exertion. The advantages of exercise in nervous disorders, upon which those of the digestive organs in general so greatly depend, appear to me very striking. It were to be wished that we had some index to denote the strength and irritability of the nervous system, serving as the pulse does with regard to the sanguiferous organs. Perhaps the strength, agility, and indefatigability of the muscles, may be regarded as the surest evidence of energy, of nervous power, and bodily vigour. If this were granted, however, it would follow that many persons, possessing great nervous power, have, nevertheless, great nervous irritability. Many people who are extremely irritable and hypochondriacal, and are constantly obliged to take medicines to regulate their bowels, whilst they live an inactive life, no longer suffer from nervous irritation, or require aperient medicines, when they use exercise to a degree that would be excessive in ordinary constitutions. The inference which I draw from cases of this description is, that nervous tranquillity is restored in consequence of the superfluous energy being exhausted by its proper channels, the muscles.

"When, on the contrary, the nervous system is weak and irritable, exercise seems equally beneficial; but caution is here requisite as to the degree in which it should be taken. A weak and irritable patient may not be able to walk more than half a mile without nearly fainting with fatigue on the first day of the experiment; but by persevering in the effort, he will be able to

undergo considerable muscular exertion without weariness. Does not this imply a considerable increase of bodily strength? and is not the acquisition of strength the chief desideratum in the cure of many disorders? The nervous irritability, also, when dependent on weakness alone, will proportionably diminish with its cause. In the latter case, the nervous energy seems to be augmented in consequence of our increasing the demand for it.

“I am induced to make these observations, from a belief that exercise is not employed as a medical agent, to the extent that its efficacy seems to deserve; of its medical effects I entertain a high opinion; it is, however, right to direct patients with regard to its use, not to exert themselves for some time previous to a meal, nor for three hours after.

Rules of Health.

“I would prescribe to my patients the following rules: They should rise early when their powers have been refreshed by sleep, and actively exercise themselves in the open air till they felt a slight degree of fatigue; they should rest one hour, then breakfast, and rest three hours, in order that the energies of the constitution should be concentrated in the work of digestion; then take active exercise again for two hours, rest one; then taking their dinner, they should rest for three hours, exercise two, rest one, and take their third slight meal. I do not allow the state of the weather to be urged as an objection to the prosecution of measures so essential to health, since it is in the power of every one to protect themselves from cold by clothing, and the exercise may be taken in a chamber with the windows thrown open, by walking actively backwards and forwards, as sailors do on ship-board.

“I also caution patients against sleeping too much; waking from sleep indicates that the bodily powers are refreshed; many persons upon first waking feel alert, and disposed to rise, when upon taking a second sleep they become lethargic, can scarcely be awakened, and feel oppressed and indisposed to exertion for some time after they have risen. When the disorders which have been the subject of this paper have been long continued, they do not admit of a speedy cure; hence attention to diet, air, exercise, and mental tranquillity, are more decidedly beneficial than medicines.”

Effects of Air.

“Surgeons in London meet with frequent and convincing instances of the efficacy of pure air. Patients under the irritation of a local disease, who scarcely eat or sleep in town, recover

their appetite, digestion, and sleep, so suddenly on their removal into the country, as to leave no room for doubting, that the change of air has produced this beneficial alteration in their health.

“The whole of the plan of treatment which is here recommended, is so simple, and apparently so inefficient, that its power might reasonably be doubted, did not facts attest its utility. I should not have thought it right to have thus related it in detail, but for the purpose of avoiding repetition in the recital of the cases which are to follow; and also because it seemed right to state, as explicitly as possible to the younger part of the profession, what are the curative intentions in disorders of this nature. After I had written the above account of the treatment which I had found the most successful in the correction of disordered states of the digestive organs, I was much gratified by the perusal of Dr. Hamilton’s publication on the Effects of Purgative Medicines. I think there is a great coincidence in the mode of treatment which I have described, and that which is sanctioned by his more extensive experience. He prescribes purgative medicines to act as eecoproties, to excite but not to stimulate the bowels; and he combines with them generally unirritating doses of mercury. Dr. Hamilton’s plan of treating these diseases also accords very much with that of M. Hallé, to whose Memoir I have referred the reader.”

*** In our next, we shall make some remarks on these opinions of Mr. Abernethy, and give a few of his cases, as illustrating his doctrines.

SIR A. COOPER ON POISONS.

Poisons are those substances which in small quantities produce deleterious effects on the body. This, perhaps, may be considered the most accurate definition which can be given of poisons upon the whole; yet poisons may, in still smaller doses, produce a beneficial effect on the body. I need hardly mention arsenic, which, in divided quantities, is given in many diseases, as ague, with the best possible effect.

The sources from which poisons are derived, are four:—1. They are derived from the animal kingdom, distinctly from man. 2. They are derived from the vegetable kingdom. 3. From the mineral kingdom. 4. From chemical composition. These poisons, which are derived from man, are called morbid poisons.

Morbid Poisons.

You will find such a difference between the action of morbid

poisons, and the influence of other poisons on the body, that the distinction between them is very necessary.

When you have the operation of a poison on the body, you find the action of some poisons is on the nervous system; of others on the sanguiferous system; and some poisons have their influence on both. Many animal poisons produce, in the first instance inflammation, acting more particularly on the arterial system, while other animal poisons act on the nervous system. The poisons incised by the stings of animals, produce inflammation—as the poison of the viper, and of the rattlesnake.—The poison of a rabid animal produces its effects particularly on the nervous system. Thus *animal* poisons act on the nervous system, or the vascular system, or on both.

Vegetable Poisons.

These almost all act on the nervous system. Very few of them produce inflammation. I hardly know any exception to this. A man died after taking opium, and he was said to have inflammatory appearances in his stomach, but it is never found after taking opium. The redness is different from that of inflammation. After sudden death this redness is often found, with congestion of the vessels of the stomach. The effect of vegetable poisons is on the nervous system. I could shew you a curious experiment with one of these poisons, in which you would see an animal taking its food almost at the very moment of its death. The effect is produced in such a short period, as to preclude the idea of its being the result of inflammation. Thus vegetable poisons destroy life, by producing a direct effect on the nervous system, without giving rise to the slightest inflammation.

Mineral Poisons.

These act, some on the arterial system in the first instance, some on the nervous system; but those more frequently taken, act on the vascular system. Thus arsenic excites violent inflammation; so does the muriate of barytes; and so also does the oxymuriate of mercury. Arsenic has a power over the nervous system. It does not merely destroy life by inflammation, but it has a direct influence on the nervous system as well as on the vascular system. It produces severe convulsions, and throws the body of the person who is the subject of its influence, into contortions. There is an exception to the general rule, in hand, which produces its influence on the nervous system, and not on the vascular system in the first instance. Those persons who die of colic from taking lead, shew an appearance of inflammation in the internal surface of the stomach and intestines.

Some mineral poisons, then, act on the arterial system, but some on the nervous.

Action of Morbid Poisons.

The morbid poisons act very variously; some produce a remarkable action on the arteries, and some of them on the nervous system; for example, the typhoid poisons. If persons are assembled together, and the air is rendered putrefactive by their presence, a fever will arise, usually called gaol fever. This produces a poison, having an influence on the human body. This poisonous air acts on the nervous system. While this poison is circulating in the blood, it hurries the circulation a little, yet it depresses the nervous system, and renders the body incapable of supporting itself, or of being roused while under its influence. Therefore the poison of typhus fever has its influence on the nervous system.

Many of the morbid poisons produce an influence on the arterial system immediately. The poison of small-pox, for example, produces fever and local inflammation, which is followed by a suppurative process; and the matter thus produced has the power of infecting, and is capable of propagating a similar disease. Other morbid poisons appear to have a local effect in the first instance, and then a constitutional effect; as the measles, for example, which seems to operate first on the part where it is applied. You see first inflammation of the tunica conjunctiva, then inflammation of the mucous membrane of the nose, then inflammation of the larynx, trachea, and bronchia; after this, fever is the consequence, which is productive of an eruption. This eruption does not appear to be productive of any matter which is capable of producing infection. Whatever propagates the disease in measles, is much more easily communicable than that of small-pox; but it is not derived from the surface. If measles begin in a village, to the most distant point of it, the measles will spread.—The poison of measles is very subtle, and floats in the air.

But the most infectious disease I know of is the mumps. If it begins in a school, it will go through more than half the scholars. I attended a school at Hackney, where there were more than sixty scholars. When I visited the school, a surgeon told me thirty-six or thirty-seven of these children had the mumps. In mumps there is a swelling of the parotid glands of the testicles, or of the breasts, and fever; but there is no secretion produced from the local disease capable of producing the infection. Thus morbid poisons act either on the nervous system or on the arterial system; but their influence is very different to that of the other poisons.—Animal, mineral, and vegetable poi-

sons, produce their effects on the individual, but those effects extend no further. It is well known that poisons lose their effect very much by repetition. With regard to the animal poisons it is said to be so; but our opportunities for observation have not been sufficiently frequent. But that repetition leads to an indisposition to receive the influence of poisons which are derived from the vegetable kingdom, is obvious from the circumstance that after they have been given as medicines, for some time it becomes necessary to increase the dose in order to produce any effect. Opium, conium, hyoscyamus, and other vegetable poisons, do this very manifestly. If they be not increased in the quantity exhibited for a dose, after a time they cease to have any influence on the body; and it appears that this is the case also with most poisons—that they lose their influence from repetition. It is shewn in the influence of scarlatina, and it is shewn in the sisters and nurses who wait upon patients labouring under scarlet fever. All our apprentices have had the hospital fever; I have scarcely known one who has not suffered from it. I was in great danger from it for a great length of time. We have scarcely a nurse or a sister who has not had this initiatory fever. They have it soon after they come. A person coming from the country into our hospitals, often has an attack of this fever. Our nurses and sisters know the disease well. The person is seized with headache, shivering, and typhoid symptoms, and persons have often died from the disease. But these persons seldom have it a second time, or if they have it, it is generally very mild. I have known instances of it in nurses and the sisters of my medical brethren; but they have been comparatively slight. I have, however, known a person die from a second attack, though this rarely happens.

A child has scarlet fever, and that very bad, but it may have it a second time. Of this I have seen several instances, but the second attack is very rarely severe. Thus the influence of poisons is diminished by repetition, and the fever which arises from the morbid poisons is less violent; they are mitigated in their severity in consequence of repetition.

The effects of some poisons depend upon their quantity; those of other poisons, on the contrary, do not all depend upon quantity. There is a remarkable difference produced between the influence of a small quantity of one of the mineral or vegetable, and a small quantity of one of the animal poisons. The effect produced by vegetable and mineral poisons is dependent on the strength of the animal, and on the quantity given, but not so with the morbid poisons. Of the morbid poisons, the smallest quantity seems to produce the same effect as a very

large quantity: there is no particular influence produced by a large or a small quantity. This I must illustrate: if you insert a small quantity of the pus of small-pox, or a very considerable quantity, the same effect is produced. The effect of the poison on the system is the same, whether the lancet be loaded with pus, or charged with the very smallest possible quantity. It depends on the constitution, and not on the quantity of the poison inserted. The effect is modified by the constitution, and not by the quantity. Dr. Fordyce, formerly a physician of this hospital, had an opinion that by mixing the poison with water, its influence would be modified; and to prove the correctness of the opinion, experiments were made. It was found that dilution did not at all lessen the effects, which were the same whether the quantity were very small, considerably diluted, or very large; and when these experiments had been made, this opinion was no longer credited. This is a remarkable difference between the morbid and other poisons.

It matters very little whether the poison be taken from a dead or a living subject. A medical man who has been held in the highest respect, when his daughter was to be inoculated, inoculated her from a body in the dissecting-room.—He opened a pustule and introduced the matter from it. The child had the small-pox very slightly. It does not, therefore, signify whether the poison be taken from the living or dead subject. It would be extremely wrong to use it if the subject were even slightly putrid, neither would it be right to make use of it at all. I merely mention it as establishing the point that dead matter will produce the disease. So far then, with respect to quantity.

Now as to the time that is required to elapse before the action of poisons begins; there is a great variety in this respect.

The three first classes of poisons, the animal, vegetable, and mineral, generally produce their influence almost immediately. There is, however, some variety also in this respect. In some a few minutes, in others a few hours, elapse before the full effect is produced. With respect to the morbid poisons there is a very remarkable difference. There is a great variety as to the period at which they produce their effects on the body. Small-pox generally appears in the natural way about fourteen days after the infection has been communicated—but the inoculated small-pox generally makes its appearance in about ten days. The cow-pox also arises at its height on the ninth or tenth day. Scarlet fever is usual in shewing itself on the seventh day after infection. In this there is some variation, and in one case I knew scarlatina shew itself on the third day. I knew a family who were exposed to the poison of scarlatina. In one of the

children it made its appearance at the end of the third day ; in a second, on the fourth ; and in the third, on the fifth day ; and in the mother of the children not before three weeks or a month had elapsed. I knew an instance of a child in whom scarlatina did not appear till seventeen days after the exposure.

The measles usually appear from seven to fourteen days after exposure to its poison—generally about the eighth day.

It is quite right that you should be acquainted with all these particulars ; for parents will expect you to answer their inquiries upon the subject.

Remember, then, that scarlet fever appears at about the end of a week—measles from the seventh to the fourteenth day, and the natural small-pox about the fourteenth day. When children have imbibed the infectious poison, it is not right to prepare them for the consequences ; for such children are invariably worse when the disease occurs, than those who are not so prepared, as it is called. With regard to scarlet fever, the less the degree of fever is which attends the disease, the greater I consider the danger to be from the consequences after the disease has terminated locally. I will now say something concerning the other poisons ; but I remark first, that there is a very considerable difference as to the time when the effects of the morbid poisons begin to be manifested ; in some instances even twelve months having been known to have elapsed after the insertion of the poison before the appearance of the symptoms. In the “ *Medical Researches*,” Dr. Babington published a case, in which he states that the symptoms did not make their appearance until the three hundred and sixty-fourth day after the insertion of the poison. The effects even of marsh effluvia do not, in some cases, shew themselves for some months after the infection has been received. A lady, in August, went into the country, taking with her two children, and two servants. The part of the country in which they took up their residence during their absence from town was damp and marshy. In the following October they returned to town. At Christmas the youngest child was the subject of intermittent fever, and a few days afterwards the same disease appeared in the eldest daughter. The two servants after this were necessarily the subjects of the affection. In this instance we have an example of an intermittent fever, the poison of which had been received more than two months before the symptoms were apparent. Those persons who have been affected with intermittent fever, and who, subsequently to that affection, are attacked by any other fever, as the slight fever which attends a cold, are very liable to have those fevers assuming a typhoid nature.

I shall now proceed more particularly to speak of other *animal poisons*.

The Hornet and Wasp.

The sting of the hornet or of the wasp gives rise, in many instances, to very acute pain and very severe inflammation. The best application for the purpose of mitigating the effect of those stings is one composed of a drachm of powdered opium, rubbed down with one ounce of olive oil. Lay a little of this on a piece of lint on the wound, and repeat it occasionally. At the same time it will be proper, in severe cases, to keep the bowels open by the usual aperient medicines.

The poison communicated by the bite of

The Viper

not unfrequently proves fatal; it has an influence not only on the nervous, but on the vascular system. A gentleman with whom I was once in company on a shooting excursion, saw a viper on the side of a bank. He immediately struck at the viper with the butt end of his gun, and supposing that he had killed it, reached out his hand toward it, intending to pick it up. The reptile, however, was not killed, but had formed itself into a coil, and darted upon the gentleman's hand, and wounded his finger. He immediately sucked the wound, and in a short time afterwards his tongue became paralyzed:—for a time also he entirely lost the faculty of speech. This evidently shews that the poison of the viper has a direct influence upon the nervous system. That its poison affects the vascular system is also equally obvious; for in this case the inflammation of the finger was very great, and extended up the arm even as high as the shoulder. By the exhibition of aperient medicines, and the application of poultices this gentleman ultimately recovered.

Some time since, there was a man admitted into St. Thomas's Hospital, on account of his having received a bite from a viper, and though six months had elapsed after the injury had been inflicted, yet the faculty of speech had but in an imperfect degree returned. Some years since, when I was making some experiments with reference to comparative anatomy, I was anxious to see what effects were produced upon living structures by the poison of vipers, and with the view of ascertaining this point, I confined together a viper and a rabbit. Then, by irritating the viper, I induced it to bite the rabbit's ear. The wounded ear soon began to droop, and the other ear also shortly afterwards fell. The rabbit was soon seized with convulsive motions, which were quickly followed by death. Upon examination, the part which had been bitten appeared quite black, and the cellular membrane, on that side of the animal on which the bite was in-

flieted, after the skin had been stripped off, had the appearance of having been discoloured by extravasated blood.

A rattle-snake, which was confined in a cage some time ago, bit a man in the finger. He was attended by Sir Everard Home; the inflammation rapidly extended up the arm to several parts of the body; abscesses were soon produced, and after languishing several days, during which time he suffered very much, the patient died.

The *Treatment* of the bite of the viper I shall now describe to you. I will tell you the plan which I pursued myself when an accident of this kind occurred to me some years since. I was in the habit of freezing reptiles in order to procure a series of experiments on the effects of heat, &c. You are all aware that a frog may be so completely frozen, that by slightly pulling the legs the joints will crackle and break; yet by the application of gentle and well-regulated heat, the muscles of the animal as the blood begins to melt, will begin to tremble, and will soon recover their natural functions. Thus a few minutes after having been to all appearance dead, and converted into a solid piece of ice, the frog will be seen hopping about the room.

Vipers may also be frozen, and will, in a similar manner, regain their actions and functions. One evening as I was shewing some experiments, I took a viper out of a freezing mixture, and not suspecting that the warmth of my hand would very rapidly restore it to its usual state, I held it till it bit my thumb. The late Mr. Fox, who was present, at my request, immediately cut out the surrounding part, and applied a bandage tightly round the wrist for the purpose of preventing the absorption of any of the poison which might have remained. Notwithstanding this precaution, my hand and arm were considerably swollen next day—but the constitutional fever which followed soon subsided, and no other bad consequences ensued. The plan, then, which I would always advise you to pursue, under similar circumstances, is this: pass a probe down to the bottom of the wound, cut it completely out, so that every part which has been wounded may be removed; and if the situation of the part will admit of it, apply a ligature above the wound, in order, if possible, to prevent absorption of the veins.

MR. ABERNETHY'S PORTRAIT *.

Those who have never seen the renowned John Abernethy, surgeon, of St. Bartholomew's (blessed be his bones—the bones

* Portrait of JOHN ABERNETHY, Esq. Painted by Penny, and Engraved by Cooper, from a sketch in the Lecture-Room of St. Bartholomew's.

of the saint we mean)—those who have never heard (but that is impossible) of his wit and his glee, and his sarcastic humour; and those who have never tasted of his delicious blue pills, perfumed with roses more fragrant than the Persian nightingale ever fell in love with, and his brimming cups of sarsaparilla, more invigorating than Edinburgh Ale or wine itself, which according to Solomon “gladdeneth the heart of man,”—all those and every other we invite to the shop of our worthy publisher, 163, Strand, where their eyes will be gratified, and their taste delighted, with the portrait of this man of genius—hit to the very life, *ad vitam*, as Dr. Copland would say in his Shetland Latin.

The portrait which has just been published of Mr. Abernethy, is indeed exquisitely characteristic. He is represented with both hands crammed into his breeches pockets, and standing with his whole soul screwed up to the pitch of a joke, which he seems to be in travail with, and ready to bring forth, *tuto, celeriter et jucunde*, as they say at the Westminster Society, which, to the unlearned, meaneth smooth, smack, and lack-a-daisical. It appears to us, indeed, that Abernethy usually carries all his wit in those same breeches pockets, at least we are certain he often pays them a visit previous to his sporting his best things to make his pupils merry withal, and illuminate his history of “dry bones,” and mangled limbs, by flashes from the fire of genius. Look at his humorous eye in the portrait—the very emblem of a humorous eye—which seems at first glance sedate and sober, but kindles into merry glee the nearer you look into it, and is redolent of wit and fun, while the lip is all on the quiver and *qui vive*, to give utterance to what has ascended from the very bottom of his breeches pockets. The slight compression of the lip, which you may remark, is caused by the superlative tact of the humourist not to let his joke escape too soon, and flash in the pan, as it were. No—he likes first to enjoy it himself, and roll it like “a sweet morsel under his tongue,” while he concocts it and licks it into shape as a bear does her cub, taking good aim the while to make the ball hit the mark:—as Addison has it

He bridles in his struggling joke with pain
That longs to bounce, and fire the laughing train.

Let all jokers, wits, and humourists, buy and study this rich portrait—it will teach them the grand secret of joking, and of being “the cause of wit in other men.” The phrenologist too—but we must stop, because we have got to the bottom of the only scrap of paper we have left.

ORGANS OF THE VOICE.

According to the principles which are found to hold in musical instruments, the voice must necessarily depend upon a current of air, with organs to modify it so as to produce sound. The current of air is maintained and influenced by the lungs, and the diaphragm or midriff, with the muscles connected with the ribs and chest; for it is sufficient to the production of sound, that air collected in any receiver, such as the lungs, be driven out in a body with certain force, and that it meets on its passage with vibrators and elastic organs. Fishes, accordingly, being deficient in those parts, can utter no sound, a circumstance which led the celebrated Aristotle to divide animals into vocal and non-vocal.

It is scarcely necessary for us to give a minute description of the lungs, diaphragm, and muscles of the chest, to all which, however, we shall have to advert in considering the disorders and impediments of the voice, and the means of preserving and improving its powers; but, for the present, we shall only describe the immediate organ of the voice.

The Larynx.

The larynx is a most beautifully constructed organ, fixed upon the top of the windpipe, like a capital upon a pillar, and consisting of a cartilaginous or gristly box, the exterior projection of which is commonly known by the name of Adam's apple, as though it had sprung up in consequence of Adam's eating the forbidden fruit. This projection, however, it may be remarked, is very small, or altogether wanting, in females, and varies also according to age. As the larynx not only produces the sound of the voice, but is also the agent of its principal modifications of tone and pitch, it is indispensable, if we wish to understand the mechanism of the voice thoroughly, to be well and accurately acquainted with its structure and organization. In consequence of not paying a sufficient attention to this point, very imperfect, and even false ideas have been propagated on this interesting subject. We shall, therefore, go more particularly into detail, upon those parts which are most necessary to be known, and many of which are at present but little understood, even by the learned.

The Bone and Gristle of the Larynx.

At the root of the tongue lies a small crescent-shaped bone, or rather somewhat in the shape of a horse-shoe, which, from its resemblance to the Greck letter *u*, is called the *hy-oid*, or

u-like bone. From this bone, the tube of the windpipe takes its rise, and proceeds downwards to the lungs. The two ends of the hyoid bone may be obscurely felt externally in a lean person, below the jaw, and nearly under the ear on each side. It is unconnected with any other bone, and in this respect is different from all the other bones of the body. The bend of this bone in the front, lies immediately above Adam's apple.

The tube of the larynx, short as it is, consists of five pieces, composed of gristle or cartilage, thin and elastic, united by membranes, and moved on one another by many little muscles. Of these pieces, however, only three are concerned in the production of the voice. The part called Adam's apple, denominated by anatomists the *thyroid cartilage*, from its resemblance to a shield, does not form a complete ring of itself, but the interruption is filled up in order to make a complete ring with two other pieces of similar gristle, but of smaller size and power; these are called the *arytenoid cartilages*, because they are thought to resemble a funnel. These are supported by a fourth, which constitutes the basis on which they execute their motions; is narrow before, and broad behind, and has some resemblance to a seal-ring, on which account anatomists have termed it the *cricoid cartilage*. This, then, is the skeleton or frame work of the larynx.

The thyroid cartilage is articulated or joined with the cricoid, by the extremity of its inferior horns; but during life, contrary to the received opinion, the thyroid is fixed relatively to the cricoid cartilage. Each arytenoid cartilage is articulated with the cricoid, by means of an oblong *facette*, and is concave transversely. The cricoid presents a *facette*, the disposition of which is analogous to that of the arytenoid cartilage, with this difference, that it is convex, where the corresponding part of the other is concave. Near the articulation is found a small synovial capsule, closed before and behind, but loose at the sides.

The larynx, thus constructed, is narrowed or dilated in a variety of ways by the antagonist powers of different muscles, which, says Blumenbach, may be moved altogether or separately, according to the variations of the voice. This, Mr. Abernethy, in his anatomical lectures, denies; affirming that no separate motion can take place, and that all the parts must move simultaneously. The articulations above described, will only permit the arytenoid cartilages to move laterally upon the cricoid; and all motion backwards or forwards is impossible, as well as a certain see-saw motion mentioned in some books, whose authors ought to know better.

The chief motion of the larynx, therefore, is not in its parts, but as a whole, which, by the aid of its muscles, can be elevated or depressed, carried forwards or backwards, &c. ; which movements may readily be felt externally, by placing the finger on the fore part of the throat while speaking or singing.

The larynx is lined internally with a very sensible, vascular, and mucous membrane, which is a continuation of the membrane of the mouth. It is of great importance to keep this in view, as it is owing to its becoming irritated or inflamed, and throwing out a quantity of tough phlegm, that hoarseness arises, and other disorders of the voice.

We need scarcely remark that all these parts are well supplied with blood-vessels and nerves, the latter of which are four in number, and give off several branches to the muscles and to the lining membrane, endowing them with exquisite sensibility. Dr. Gall calls them the *vocal nerves*.

The Glottis, or Entrance of the Windpipe.

The orifice of the windpipe is partly formed by the cartilages of the larynx just described, and partly by the vocal chords and the arytenoid muscles. It presents a longitudinal opening or chink, about two-thirds or five-sixths of an inch long; and about a fourth or a sixth of an inch wide, being larger behind than before, where the two sides approach, so as to touch at the point where they are inserted into the thyroid cartilage. In birds and reptiles, this opening is capable of being so completely closed, as to prevent the smallest drop of water penetrating it, except with the will. It is in this way frogs confine the air in the lungs, and live without inspiration for a considerable time.

The orifice of the larynx is guarded by a moveable valve or lid called the *epiglottis*, which, from its elasticity, stands always open except during the act of swallowing. When a morsel of food passes from the mouth to the gullet, it presses down the valve over the mouth of the windpipe, in the same way as a flute-key covers the stop of a flute, and the windpipe is thus kept free from accident; but for this beautiful contrivance, (since every morsel swallowed has to pass over the mouth of the windpipe) the breath would not only be interrupted, but fatal accidents might ensue. Providence, however, is inexhaustible in substitutes and means of reparation, for M. Magendie saw two instances in which the valve was wanting, and in which swallowing was easily performed, by the windpipe being shut laterally. Sometimes a little liquid or a small particle of food gets under the valve, and excites violent coughing, till the offensive matter be expelled. Few serious accidents, however, happen from this cause. Not

two guests, as Paley observes, are choked in a century. So effectually, indeed, does the epiglottis guard the entrance of the windpipe, that whilst morsel after morsel, draught after draught, are coursing one another over it, an accident of a crumb or a drop slipping under it, though it must be opened for breath every second, excites surprise by its novelty, or alarm by its danger.

The Vocal Chords.

When the arytenoid cartilages are brought together, so that their internal surfaces touch one another, the glottis or opening of the windpipe is diminished about one-third of its length. It then presents an opening not more than from one twenty-fourth to one twelfth of an inch in width, and about half an inch in length. The sides of this opening, we may call the lips of the glottis: they present a sharp edge, directed upwards and inwards, and are principally formed by a muscle and by a ligament that covers or sheathes the muscle to which it is strongly attached, while the ligament itself is covered by the common lining membrane of the larynx, and essentially forms the thin cut edge of the lips. These lips may be called with great propriety the vocal chords, or reed of the instrument, as it is their vibration which causes the sound of the voice.

Above the lower ligaments of the glottis are situated the ventricles of the larynx, the cavity of which is considerably more spacious than it at first appears. The outer, under, and upper sides of this cavity are formed by the muscle that constitutes the vocal chords, turned upon itself. The extremity, or front side of the cavity, is formed by the thyroid cartilage. By means of these ventricles, the lips of the glottis are perfectly insulated at their upper edge.

If we examine above the opening of the ventricles, we shall find two bodies which have a great analogy in their arrangement to the vocal chords, and form a second glottis above the first. This apparatus is formed by the upper edge of the vocal chords, a little fatty cellular tissue, and the common lining of the larynx, which covers them before entering into the ventricles.

ON WINES, BRANDY, AND RUM. BY A LICENCED
VICTUALLER.

If the persons for whose use these instructions are intended, pay that attention to the preceding parts of our little work which, it is to be hoped, it will be found to merit, they will save themselves from many inconveniences and embarrassments, which often beset young beginners at their entrance upon a

business; and if they will bestow the same attention on this division of the work, they will find some excellent rules for their direction, when they shall be actually embarked in business, which, if well observed, cannot fail in the course of time to secure them a comfortable and honourable independence.

Wines.

I shall first speak of wines, because, though all publicans do not take out wine licenses, on account of their expence, yet most of them must be desirous to know the criterions by which good wine can be judged. Wines differ very much both in their colour and flavour; but there are some sort of qualities which are peculiar to all wines, and accordingly, as they possess them in the highest degree, so are they esteemed.

The goodness of wine consists in its being neat (that is, unadulterated) dry, fine, bright, and brisk, without any taste of the soil or cask; of a clean steady colour, having strength without being heady, a body without being sour, and keeping, without growing hard or eager. The wine most in use in this country, on account of the lesser duties it pays, is port wine, which is brought from Lisbon or Oporto. It is a wine of an excellent body, and when meliorated by age, not in the least inferior, in my humble opinion, to the best wines of France; but there being a vast consumption of it in England, it is incredible what abuses take place in the fabrication and sale of port wine. The publican who would wish to have his port wine genuine, ought to have it by the pipe at a time, from some of the legal quays, and not trust it in the wine merchant's hands. This will at first be expensive to him, but in the end he will find his advantage in it.

I have sometimes tasted draught wine almost as pleasant and mellow as wine that has been three or four years in bottle; but then, it must be confessed, it was at a time when there was a greater demand for wines among middling people than there is at present, and when the importer and publican had fewer inducements to adulterate it.

Fining of Wine.

The usual method of fining down wines, so as to render them expeditiously bright, clear, and fit for use, is this:—Take an ounce of isinglass, beat it into thin threads with a hammer, and dissolve it, by boiling it in a pint of water; this, when cold, becomes a thick jelly; whisk up some of this jelly into a froth with a little of the wine intended to be fined, then stir it well among the rest in the cask, and bung it down tight; by this means the wine will become bright in eight or ten days. This

method, however, is found to be best suited to the white wines ; for the red ones, the wine coopers commonly use the whites of eggs beat up to a froth, and mixed in the same manner with their wines. They fine it down also by putting the shavings of green beech into the vessel, having first taken off the rind, and boiled them an hour in water to extract their rankness, and afterwards dried them in the sun, or in an oven. A bushel of these serve for a tun of wine, and being mashed, they serve again and again, till almost quite consumed.

The most general remedy hitherto known for all the diseases of wine, is a prudent use of tartarized spirit of wine, which not only enriches, but disposes all ordinary wines to grow fine : this, however, requires experience and management ; and therefore, before a person makes a trial of it on a large quantity of wine, I would recommend him to begin upon a small scale ; for instance, take a bottle of red port that is pricked, add to it half an ounce of tartarized spirits of wine, shake the liquor well together, and set it by for a few days, and it will then be found very remarkably altered for the better.

To Bottle Wine.

Nothing is more important in this operation, than that your bottles should be perfectly free from every impurity. The least dirt or moisture in a bottle will sometimes serve to spoil a bottle of wine of the finest quality ; hence the difference that is often observed between two bottles of wine taken out of the same binn, and which the vintner is sure both came out of the same pipe, and consequently, ought both to have been equally well tasted. You should also be particularly careful in your choice of corks, that they are perfectly sound and clean ; for nothing sooner gives wine a disagreeable flavour, than bad corks. With regard to your wine cellar, no place is so well adapted for the preservation and ripening of your wines, as a vault where a moderate degree of temperature, rather inclining to cool, always prevails. In the Summer time, therefore, you should be anxious to keep the heat out of your cellar, lest it should sour your wine ; and in the Winter preserve a moderate warmth, lest your wines should become chilled.

Brandy.

This is the oldest spirit that is known in Europe, and the highest priced, as well as the most generally esteemed among us. The French brandies are the finest, and next, those of Spain and Portugal, which are all called wine brandies, being obtained from the juice of the grape. British brandy, which is obtained

by distillation either from grains or molasses, is much inferior both in quality and flavour.

The best French brandies are those of Cogniac, Bourdeaux, Rochelle, and Charenton; sometimes brandy may be bought at a reasonable price at the Custom-house sales: this is brandy that has been seized, or is sold for default of paying the duties.

Brandy, when of a sound quality, is clear, of a good taste, and such as will bear the test or proof; that is to say, that when poured into a glass, it forms on the top of it a little white lather, which, as it diminishes, makes a circle: and there is no brandy but that which is well distilled, does not retain too much humidity, and is not unadulterated, wherein this bead proof, as it is called, will be entirely formed.

Method of Colouring Brandy.

All brandies, and indeed all spirits, when first made, are as clear as water, and grow higher coloured by long keeping; but persons in the spirit trade, wishing for as quick a return of their money as possible, use several methods to give them an artificial colour, which shall make them to pass with those who are no judges of such matters, for fine old brandies. Those preparations which are innocent, and disturb the body of the brandy the least, I have always found the best, and therefore I do not hesitate to recommend them. To make a light straw colour, use turmeric, or a little treacle; but a better way is to give it a colour or tinge with a little sugar burnt to a consistence; or syrup of elder berries may be used, which gives it an admirable colour, and may be made deeper or lighter, according to the quantity you put in.

One thing I must particularly caution you against, never to mix any British brandies with your foreign brandies, or you will run a great risk of spoiling them.

Rum.

The best rum is that which is imported from Jamaica, but very excellent spirits are also imported from Barbadoes, Antigua, and other islands. Though far more plentiful than brandy, it is subject to almost as many adulterations in the hands of the dealers. The best way, therefore, for the publican, is to get his rum either off a wharf, or from a bonded warehouse, by which means he will be certain to have his spirits of a superior quality, and in all probability at a more reasonable price.

The bead proof in rum, as well as in brandy, is one criterion to judge of its goodness; but the most certain test for both is the hydrometer, an instrument, the use of which is soon ac-

quired, but which cannot be very well explained without the help of a figure.

Tests of Good Rum.

The best rum is that which is made in the early part of the cane season, and comes home in the Winter fleets. It is, however, much improved by being kept on the islands two or three seasons in store. When rum is neat, and of a good quality, it has a pale yellowish tinge, which it derives from the staves of the puncheon, being as clear as water when it comes out of the still ; it will have somewhat of an aromatic smell ; and, if above proof, and not rendered mild by age, be pungent and rather fiery to the taste. There is no spirit, that I know of, which improves so much by keeping as rum ; but as this is not much in the power of publicans to do, I can only recommend, that the spirits they buy should have a good, sound, palatable body, and not be the refuse of the market, or what is worse, the drenched mixtures of the distilleries. West India rum has sometimes a burnt taste, owing to some mismanagement of the fires during the operation of distilling. This is a very unpleasant, as well as a very unwholesome spirit, and therefore I would advise every purchaser of this commodity, to be very particular in tasting his samples, and ascertaining the cask they came out of, before he makes his bargain, or he may be much deceived.

Rum may be coloured so as to have the appearance of age, in the same way as brandy. Others colour their rum with beer grounds, and think it improves the flavour ; and I have known West India captains put tea leaves to it.

GOODY KITCHINER'S MUTTON BROTH FOR NOTHING.

You must know that this Goody is a great economist ; and when she makes this mess, it is always two dishes at her table ; first the broth which she has for nothing, and then the mutton and roots.

Take a neck of mutton of about six pounds weight ; it being jointed, cut it in half, wash it in cold water, and with a knife pare off the bloody part at the end of the craig ; put this half into a clean pot or saucepan, with an English gallon of cold, soft, clear water ; when it is scummed, put in an onion stuck with three cloves, a crust of bread about the weight of an egg ; after which, put in eight black-pepper corns, one blade of mace, and half a middle-sized carrot, let these boil slowly for three quarters of an hour ; the other half of your mutton having the fat and skin pared off, put it with the rest in the pot or saucepan,

with five middle-sized turnips; and let all boil slowly an hour longer (observe to keep it skimming). The hour being expired, take out the turnips, and squeeze them well between two plates; put them in a little earthen pan with about the bigness of an egg of fresh butter, with a tea-spoonful of salt, and a very little cream or milk; beat these together with a spoon till they become very smooth and the butter is all melted in them; take out the mutton you last put in the pot, and lay it on a dish with the mashed turnips round it; make the turnips look smooth and neat by drawing a knife backwards and forwards on the top of them; set the dish to keep hot over a pot or saucepan of boiling hot water; over it put a hollow dish or cover, and over all put a thick coarse cloth to keep out the cold air; some palates like a little pounded pepper to be mixed with the mashed turnips, and others will not admit of milk or cream, for milk and cream only serves to give them a whiter colour, but adds little or nothing to the taste; this done, begin to finish the broth in the manner following:—skim well off the fat, peel and cut a little onion small, five single sprigs of thyme, stripped from the stalk, and cut small; put these in the broth with a very few marygold leaves; let these boil in the broth for about four or five minutes; then put in (being first nicely picked, washed, and grossly chopped) about half a handful of parsley, which must boil in the broth with the rest, near two minutes. Add salt to your taste, and the broth is done. Pour the broth in a soup-dish, wherein put toasted bread. Cut it after it is toasted, into little squares; serve it up very hot; observe that the part of the neck of mutton which has the craig is not to be sent up, neither is the carrot, the onion stuck with cloves, nor the crust of bread.

After the broth is done, then the mutton and turnips are served up to table: this is an excellent dish in Winter, coming off a journey, or on the road, and has the advantage that the things this broth is made of may be had almost anywhere. Note, if the broth runs short of the quantity you want, add to it boiling water; and whenever any broth wants an addition, let it be with hot water, which water should always boil some time in the broth before it is finished; if you add cold water to broth it will have this bad effect, to make the meat red and hard, and the broth no better.

CAUSES OF DANGER IN MEASLES.

The danger of measles does not arise from the disease itself, abstractedly considered. The eruption may be very abundant, and yet the child be safe; the fever may be violent, and yet

there may be no danger; so also may be the cough, the watering eyes, the sneezing, and the state of general oppression. But the sympathy which exists between the membrane of the throat and of the lungs, and the skin is so strong, that the eruption on the latter produces a consentaneous increase of action in the former. Thus the danger of measles depends on the degree of a secondary inflammation, which is found to occur in the mucous membrane which lines either the larynx, the windpipe, or the air tubes, or all of them.

It is difficult to explain why this secondary inflammation should occur more frequently in unhealthy than in healthy children; but that the fact is so is certain. For, not to mention that the extensive experience of several eminent men agree in this point, it was found to be invariably true in the numerous cases which have lately occurred. Not one child got into danger except from inflammation of the larynx, or of the bronchia; not one died, in which inflammation was not the cause of death. This was abundantly proved by dissection; for in all of them, the larynx was found to be highly inflamed, or was ulcerated, and the air tubes of the lungs were plugged up with matter and phlegm. The lungs also were generally inflamed, and the neighbouring glands enlarged.

It was remarkable, too, that in the most dangerous cases, the eruption on the skin was scanty, or almost imperceptible; indeed, in two of the fatal cases the eruption never appeared on the skin; and this will explain the popular and true opinion, that a full crop of eruption in measles is a favourable circumstance.

In a great majority of these bad cases, this inflammation came on with the first fever at the breaking out of the eruption; and it invariably lessened the quantity of the eruption. The skin was pale and cool, instead of being hot and flushed; and though the cough and difficulty of breathing shewed the mischief which was going on within, the external signs of fever were only present in a very moderate degree.

The warm bath, bleeding, both by the arm and by leeches, confinement in bed, emetics, and ipecacuanha in nauseating doses, formed the most efficacious treatment; and whilst none died except of inflammation, which, from the debilitated state of the little patients, was uncontrollable; all those who recovered from the bad symptoms were cured by evacuants, pushed as far as the constitution could bear.

In the ordinary cases, confinement to bed, an emetic, and a purgative; and afterwards ipecacuanha and mild laxatives formed the only necessary treatment.

Thus then, it seems that the measles are to be dreaded in weakly and unhealthy children, at least, in London. In such children, the dangerous inflammation will generally come on at the commencement of the disease; in many however, and even in healthy children, the decline of the disease forms a period at which the patient requires to be carefully watched. At that time inflammation of the mucous membrane, or of the lungs, is very likely to occur, and it always requires very prompt measures.

Whenever, therefore, at the decline of the eruption of measles, a child has his cough much increased, his breathing much quickened, and especially if he complain of pain in his chest, either on breathing or on coughing, let it be attended to, for inflammation of the lungs, in some form or other, is present.

Treatment of Measles.

Although, in the majority of cases, children ill of the measles should be placed under the skilful care of a medical man, yet there are many things in the treatment of measles, which may be advantageously attended to by the friends of a patient. The medical practitioner will, of course, moderate the fever which precedes the eruption by bleeding; if the degree of fever, &c. make it necessary, by an emetic, by purging, by abstinence, and by the warm bath; but the attendants may, at the same time, see that, during the period of the eruption, the patient is kept strictly in bed, so that cold air is by no means permitted to blow on his body; for it is found that one most efficacious way of preventing an accumulation of blood in the internal parts, is to keep up the circulation on the skin by external warmth, and by favouring the continuance of perspiration. Infants, however, will not often be prevailed on to lie in bed; with them, therefore, a blanket may be doubled up like a shawl, and it may be thus worn, tapes being placed so as to tie it on round the child's neck. In this way the hands and chest, as well as the whole body, may be kept permanently covered, even when the child lies on the knee; and the same thing may be done when a child cannot be prevented from sitting up in bed.

Of course it is not meant to recommend a heated atmosphere and too much covering in measles. *Moderate warmth* is the thing required, especially as this will assuredly prevent the application of external cold to the skin.

If this be persevered in strictly during the stage of eruption, if also warm diluents be given liberally, *and no other food* be allowed during the same period, then it is probable that inflammatory symptoms will not appear at the decline of the eruption, and that the patient will then be convalescent.

When the eruption has fairly declined, the warm bath will be found to be very useful, especially if the skin be well washed with soap, so as to clean off all the perspiration and other unpleasant secretions which will have collected there. The temperature of the water should be 96° or 97° of Fahrenheit's scale, and the only necessary precaution is to do it in a warm room, and with a sufficient screen to prevent a draught of air from blowing on the skin.

As a general rule, perhaps, the warm bath should be thus used at the time the patient's linen is first changed; and this should be immediately after the fever and eruption have in any material degree subsided.

After Treatment.

It is usual to purge children repeatedly after the measles. As a general rule, this may be good; because it will very probably take away any slight and unobserved increased action in some part of the respiratory organs, or the mucous membrane, which, it will now be understood, may not improbably be left after the disease has subsided; and also it may tend to obviate the evil effects of the too great desire which always exists to feed patients after acute diseases, on the plea of recruiting their weakened powers. But it is not necessary to *purge* them, unless symptoms of deranged health be absolutely present, such as cough, or sore eyes, or foul tongue; and though in strong children an occasional dose of medicine can do no harm, yet in weakly children the gentlest laxatives only should be administered.

One point more remains. It is usual to feed patients in convalescence after acute disease. Now this is a bad practice; doubtless a certain quantity of food is required, and that should be of a nutritious quality; but it should be recollected, that the powers, in such cases, have been weakened by the previous disease, and that therefore only the lightest and most digestible food is applicable. Even food of this kind should be given in much smaller quantity than the sharpened appetite would appear to demand; and with regard to measles, after which, slight inflammations of certain parts so often remain, it will also be necessary to deny any portion of nutritious food, as long as cough, or inflamed eyes, or a foul tongue be present; for all these irritations are produced either by actual inflammation, or verge closely on it; and they are always to be cured by such means as cure inflammation generally.

One exception to this rule may be mentioned. It occasionally happens, especially in large towns, that a state of deranged health will follow the measles and other eruptive diseases, which differ from inflammation; although the case would be mistaken

by an inexperienced observer. On a general view, the child appears to be inflamed ; his eyes water and are red, and his skin is hot, but the eyelids are swelled and broken out, an eruption also commonly appears behind the ears, the upper lip too is tumefied, and the skin surrounding the mouth is chopped and covered by pimples. Bark and a nutritious diet cures this form of disease.

“ **VERY ILL INDEED !** ” A DISEASE DESCRIBED BY A COUNTRY CORRESPONDENT.

[We give the following, as a specimen of our Correspondents, who apply to us so numerously for advice ; and, in this case, we know nothing better than a tea-spoonful every hour of assafoetida mixture.]

EDITORS.

DEAR DOCTOR.

Not being in the habit of corresponding with literary people, I am somewhat afraid in addressing you, that I may commit some error too glaring to be passed over, and therefore I think it necessary to state who and what I am, by way of palliation ; for I know very well how severe you critics are upon poor devils like me, who, having spent the most of their time in the country, have lost all the little polish they might have acquired by a twelvemonth's residence in the great City ; and seduced by the more invigorating sports of rural life, have, perhaps, lost what little of school polish had been so assiduously, and probably deservedly, drubbed into them during their probation at a boarding-school ; and which is generally as perseveringly set aside by the foolish kindness of some simple mother, whose sole anxiety, to an observer, would seem to be the realization of Goldsmith's admirable character of *Tony Lumpkin*, in the person of her darling. But I fear I am digressing, or as we say in the country, at fault. Well, Sir, as I was going to say, I am a plain man, and perhaps I have suffered some of the above disagreeables—at any rate, I have ceased to amuse myself in the way of correspondence for many years, and would not now trouble you or myself, but that I am in want of a little of your advice—not exactly professional advice, though in part. By the bye, Doctor, I must here thank you for your receipt for those pills of Sir Astley Cooper's, prescribed in the Oracle, which I have found excellent—in short, I don't know when I have been better ;—used to be laid up once or twice a-year, but now I'm quite hearty ;—think nothing of a day's shooting, and bagging twenty brace. Talking of sporting, Doctor, I feel so much obliged to you, that, if you are fond of shooting, I shall be happy to see you for a week at —— house ; and though I don't like boasting, I may very likely be able to shew you some of our country cookery, that would not disgrace the pages of the Oracle ; and for “ Good Living,” as you seem

to be a connoisseur in that department, I think I can promise you, that I, and one or two of my neighbours, who fancy we know a little of good cheer, would give you some reason not to regret your absence from some of those City feasts, at which, I dare say, you regularly attend.

But this is not to the point; and I cannot imagine how I have written so far without having come to my griefs; for what can be more distressing than to see one's friends always ill, and yet be unable to render them any assistance? and what is more provoking, the complaint puts on the appearance of health—good sound health too; and would deceive one much more versed in the study of disorders than I am. But to my story—I will be as concise as possible.

“ About twenty years since, I came into possession of a very pretty property down here, by the death of an uncle, who died abroad, and had taken a great fancy to me when a boy, from some of those mischievous tricks, so often practised by young gentlemen who are permitted to spend a few weeks at home each Midsummer and Christmas, and who endeavour to crack a variety of practical jokes upon their relations, for the mere purpose of ‘shewing their parts,’ as my poor dear mother used to say; ‘and to prove how much happier they were at home than moped up in a dull boarding-school.’ Well, Sir, I lived very comfortably, though a bachelor, for about ten years, when my brother died in London, and bequeathed to me the guardianship of his widow and children. One girl was about twenty, and I don't know whether she thought her uncle was very happy in a single state, and that she might do worse than follow his example; or whether it is that no one has asked her the question, though I am inclined to think it the former, for she is a very comely young woman, and indeed altogether likely to make a good wife; but she is still single; and it is of her, her mama, and two younger sisters, of whom I would speak; and for whose sake I write to you. I forgot to tell you, that having settled all their affairs comfortably, I invited them to spend a month or two with me in the country at my house. Ah, Doctor! I was sadly out there—not having had a petticoat in the house for ten years before—you may suppose how every thing was turned topsy-turvy to suit their whims—I thought I never should be happy again. Well, Sir, they took a liking to the place, and shortly after purchased a very pleasant house in the neighbourhood, which I liked much better than their living with me; though I must say my sister-in-law is a very pleasant woman—indeed such a woman as I think I *once* could have made mistress of my house; that is, if I had not discovered this disorder that

she is troubled with, and what I wish to consult you upon; and which really seems to be a family disorder—fixed in the system, as you professional men say—aye, as much in the system as scrofula, or any other hereditary complaint.

“ As I told you, I am a tolerably hearty old fellow; I eat, drink, and sleep well (thanks to your pills); and I like to see people well and comfortable about me; and like them to eat, drink, sleep, and be as happy as I am. Well, Doctor, you may suppose how miserable it makes me always to find my sister-in-law, when I call upon her, ‘ very ill indeed; ’ my niece is ‘ very ill indeed; ’ and the young ladies, since they have been home from boarding-school, and finishing under a governess, are generally ‘ poorly; ’ and upon my soul, Doctor, I believe the disease is epidemic; for the other day, meeting the governess, who is a fine rosy-cheeked, healthy young lady, as I was going into the drawing-room, in answer to my general inquiries after her health, I received the usual answer, ‘ very ill indeed. ’ Now, Sir, this young lady has health painted in her countenance, and it is really provoking to find that these people, who are so very ill in the morning, are generally out till twelve at night, at a party of some kind; and I need not tell you that they are all life and spirits; at least so I hear, for I always go to bed at ten. Now, Doctor, having seen that you sometimes treat ladies diseases—the fidgets for instance—by the bye I think that a very common complaint among ladies; for I have always found them very fidgetty—you, perhaps, would suggest something for my poor sister and her daughters. I once thought that the comfort she had enjoyed with my brother while he lived might have given her a wish to re-enter the happy state, especially as it was so whispered with regard to a gentleman of your profession, who used to be called in on every occasion; or rather on no occasion. At any rate his advice did no good; for he married lately, and to a large property—more than my sister’s, and no incumbrance. She says she is surprised how he could marry such a woman. I am not. Well, Doctor, do turn this serious disorder over in your mind, and give me your advice; and I promise you shall not want a few brace in the season, if you wont come and kill them yourself. If you will come, you shall be welcome; and then you can see your patients—but not a word of my asking you for your advice; and as they are fond of medical men, Doctor, if you happen to be single—Eh! ‘ —Do you take, good Doctor?’ as Dr. Ollapod says—‘ do you take!’ But perhaps you have taken once too often—eh! Well, married or single, I shall be glad to see you.”

Yours, &c.

A. B.

PHILOSOPHY OF VISION.—No. 7.

White of the Eye.

The white coat of the eye is, correctly speaking, very strong, having, as Mr. Charles Bell well remarks, the texture and firmness of tanned leather. It is somewhat extensible and elastic, as appears in dropsy of the eye. The sheath of the nerve of the eye is intimately interwoven with this coat, which caused the ingenious Le Cat to consider it as actually the sheath of the nerve blown out into a button.

It is this coat which binds the eye-ball firmly round, and preserves its figure; and particularly it affords a strong substance for the insertion of the cords or muscles which move the eye. It is the terminations of these muscles which being spread over the fore part of this coat give it that pearly or enamelled appearance, and which are sometimes described as a separate coat. Almost all the terminations of the muscles in every part of the body are of this appearance, or somewhat silvery, and nearly insensible, being destitute of nerves. It follows, that both the coat itself and the ends of the muscles inserted into it are insensible, and a needle may be thrust into this part of the eye, as it often is in operations, without causing pain. This coat is not accordingly the seat of inflammation or pain, but the reflected skin of the eye-lids.

In consumption, the white of the eye as well as the teeth become quite black. When any of the parts within the eye swell, this coat from its firmness resists their expanding, and is in this manner productive of great pain.

Within the white of the eye, and adhering to it by an abundant tissue of cells, lies the middle coat, which is thin, rather soft, and so full of blood-vessels that its inner surface is fleecy or velvet-like from their numerous terminations, and when a young eye is injected with red wax, it appears like scarlet cloth. It is indeed almost a tissue of blood-vessels, particularly on the surface next to the white coat. It is very sensible.

The inner, or fleecy surface, gives out a dark brown paint or varnish, which is indeed the colour of the whole coat. This is spread over the outer surface of the inmost coat or expanded nerve of the eye, and is an important provision in producing sight, as the following facts from Monro demonstrate. In the ox, this paint is green, in the cat and the owl it is white and silvery, in the lion, it is gold and yellow, in the dog it is greyish, in man it is dark brown or black, during youth and manhood, and becomes deficient in old age.

GOURMANDERIE FOR FEBRUARY.

Welcome, "Fair February," the forerunner of Spring, and emblem of vigorous infancy! The Winter, with its chilling frosts and dreary gloom, is now slowly withdrawing, and the "firstlings" of the garden are put in progress, to delight the longing appetite of the gourmand, who has been compelled for some months to be doing with the juiceless and flavourless productions of the forcing stove. Away with your forced strawberries and your forced cherries—the tasteless apologies of the luscious production of sunny days and Summer warmth! Away with the hot-bed dwarfs and their sickly looks, and give us the firstlings of the green Spring, in all their virgin freshness and delicious flavour!

Were we not firmly—irrevocably—unchangeably attached to our own Holy Church, we should almost be tempted to become Catholics in February, when the unlicensed enjoyment of the Carnival is let loose throughout Christendom, and all is feast, frolic, and delight, without a break and without a pause. Were we to dictate a code of customs to the nations—as professors of the glorious science of gourmanderie and enjoyment—we should enjoin a perpetual carnival throughout the year, which should have no bounds and no termination; and we should thank the Catholics with heart and soul for the model of their February revels. Thus far we go with them, and no farther! We hate—detest—abhor—abominate—loathe—nauseate—and pitch to the blackest corner of their own purgatory—their starvation Friday dinners, and their hungering and famishing season of Lent, the inventor of which, we think, deserved, as the reward of his ingenuity, to have been left to the foodless fate of Ugolino, and sent to St. Peter, purged of every vestige of diet and drink—an *atomy* of withered skin, shrivelled muscle, and dried bone; liverless, stomachless, boweless, brainless, and heartless. So let it be with all who shall attempt to restrain the sovereign sway of gourmanderie, or skrimp the deep-swilling and draining draughts from the cup of human enjoyment, while the stomach remains eager to receive, and active to digest, the scientific dishes of the erudite gourmand. On then, to the feasts of February! On to the Carnival! On to the rich table, steaming with Arabian effluvia! On to the sparkling wine-cup, and the bright and balmy liqueurs! On to the juicy and aromatic viands, impatient to be enjoyed! On to the varied banquet, flowing "with milk and honey, and all the spices of the merchants!" On

to the fun, frolic, and merry laugh of the happy guests ! On ! On ! On !

The viands for this month differ but little from those cited under the last ; but with respect to the article game, it must be observed that, by act of parliament, none of any kind is permitted to appear on table after the 13th. The long fast of Lent, which usually commences in February, occasions an increased demand for fish of all kinds, and so abundantly various is the supply, that this season, set apart for self-denial and penitence, is signalized rather by a change of Epicurean enjoyment. The standing dish for all fast days is salt-fish (commonly barrelled cod) with parsnips and egg sauce ; but they who choose to mortify themselves more devoutly, do penance on a dinner of princely turbot plain boiled, or stewed with wine, gravy and capers, or perhaps chastize their appetites with a dish of soles, haddock, or skate. Poultry are by no means totally excluded from table ; a capon, a duckling, or even a pigeon-pie being regarded as merely innocent transitions from the legitimate diet, and some persons will at times be tempted, after a struggle between the conscience and the stomach, to indulge the latter with a repast of roast beef, in direct offence against the ordinances of the church, an offence which is, perhaps, visited on the culprit in the shape of an indigestion. Codlings and herrings are now in season, and continue until the end of May ; peacocks, pea-hens, and guinea-fowls until July. Green geese and ducklings are fit for table this month, and continue to be admissible, the former until the end of May, the latter until that of April.

The vegetables of February, besides that never-failing root, the potatoe, are coleworts, cabbages, savoy, cresses, lettuces, chards, beets, celery, endive, chervil, and also forced radishes, cucumbers, kidney-beans, and asparagus.

Apropos—let us just take a peep into Covent-garden market.

Centric in London noise and London follies ;

Proud Covent-garden blooms in smoky glory,

For coachmen, coffee-rooms, piazzas, dollies,

Cabbages, and comedians, fam'd in story.

Perhaps in the whole world there is not a market for vegetables so well supplied as this. The principal days are Tuesday, Thursday, and Saturday. Almost all the principal market gardeners, within ten or twelve miles of the metropolis, rent a stand in Covent-garden, where every esculent vegetable, in or out of season, indigenous or exotic, natural or forced, may be purchased. In their windows are often displayed precocious fruits and vegetables, produced into full bloom and maturity by

the skill and care of scientific botanists: delicious pine-apples, for instance, and grapes, vying in growth and flavour with those of warmer climates; strawberries and cherries ripened in defiance of the snow and nipping blasts of Spring; cucumbers and asparagus forced under frames in mid-winter; early French beans grown in pots, and early peas in warm banks, which epicures may at times procure at as low a rate as two or three guineas a pint; early peaches and nectarines ripened in foreing-houses, and a thousand other delicacies which our limits will not allow us to enumerate.

Here are also several orange-merchants, who sell not only the finest China, Seville, and St. Michael, but lemons also, and exotic grapes, chesnuts, filberts, and hazel-nuts. Here are shops of medicinal herbs, roots, simples, and seeds, as well as the genuine stramonium, now so much recommended by some of the Faculty. Flowers of various genera and species, and aromatic plants for drawing-rooms, verandas, and balconies, may be had here. In the centre of the market is a spot for the sale of Staffordshire earthen ware, of various patterns and devices. In short this spot is well worth the attention of the gourmand and the bon vivant; nor is it without its charms to the philosopher, who loves to ruminate on the wants, passions, and habits of his species, and who delights in the associations which classic spots like this inspire. Hither the Spectator resorted to witness the humours of a market-morning; and the facetious Tom Brown portrayed and dramatized the colloquial sallies of the market folks: this scene was depicted by Hogarth in his *Rake's Progress*: it is this scene which Farquhar and Vanburgh frequently chose in their comedies as the rendezvous of intriguants. In all probability it will continue to be what it has been—the academus of gourmands, dramatists, and comic philosophers.

MR. SNELL'S INVENTIONS FOR SUPPLYING DEFICIENCIES OF
THE PALATE.

Let not our readers imagine, that with all his ingenuity, Mr. Snell has been able to impart new feelings—new sensations—new enjoyments to the chief organ of the gourmand. No, Mr. Snell has only contrived to fill up the deficiencies of the animated structure, by inanimated materials; but this, it must be acknowledged, is of paramount importance to hundreds, who could not otherwise eat a morsel in comfort, nor speak an intelligible word. We shall give Mr. Snell's own account of the matter.

“ No instrument appears to possess so much mechanical

skill and ingenuity as the complete palate of M. de la Barre's, but he does not inform us by what means it is retained in its position; his other for the supply of the soft palate is, in many respects, incomplete; he directs that the Indian rubber should be rendered thin by powerful pressure, in warm water. We are well aware, that however much elastic gum may be pressed thin in warm water only, it will not long retain its shape, and it will be found, that very shortly after it is placed in the mouth, it will return nearly to its former shape: the lateral edges of this instrument do not appear to be well adapted to guard against friction, which, if ever so slight, is known to produce great inconvenience. M. de la Barre remarks, when describing this instrument, that "it is much less perfect than that adapted to the palate, which is furnished with teeth, &c."

Case of a Lady.

In the case of a young lady, whose parents objected to a surgical operation, Mr. Snell was induced to try how far success might be obtained by mechanical means. With this view he obtained a correct model of the deficiency, from which a gold plate was formed to fit the roof of the mouth, reaching as far back as could be worn by the patient, to the posterior part of which two pieces or flaps of Indian rubber were attached, thus filling up the deficiency of the soft palate. A small moveable piece of the same material was also attached, by means of a gold hinge, to the centre of the lower piece, to imitate, as near as possible, the natural uvula. A piece of ivory was next fitted to the upper or back part of the gold plate, and carried upwards until it came in contact with the remaining part of the septum narium: this was of course firmly attached. The whole was held in its situation by means of two gold springs soldered to the plate, which were fixed round one of the molares on each side.

It may readily be supposed that the introduction of such an apparatus would, in the first instance, cause great inconvenience. This was, however, overcome by perseverance on the part of the patient, who soon experienced a most material improvement in her speech, as well as great increase of comfort while taking her meals; and the parents were most unexpectedly and agreeably surprised to find her possessed of considerable musical power, a qualification which none could have presumed to hope for. As the apparatus required to be frequently removed, that it might be cleaned, she was provided with two, the exact counterpart of each other.

Construction of the Instrument.

By making a variety of experiments, Mr. Snell has been led

to considerable improvements in this useful instrument, hitherto, in many respects, defective. The bone piece is now substituted by gold plate, and the elastic gum velum and uvula are considerably improved, by a spring being affixed behind them, which admits of their partaking of the movements of the natural parts. His present method of constructing it is as follows:—A gold plate should be accurately fitted to the roof of the mouth, extending backwards to the os palati or extremity of the hard palate, a part of the plate being carried through the fissure, about an inch in length. To that part of the plate, which answers to the nasal passages, should be soldered two plates, meeting in the centre, and carried upwards through the fissure to the top of the remaining portion of the vomer, to which it should be exactly adapted, at the same time being made to the natural shape of the nasal palatine floor: thus the fluid of the nose will be carried directly backward into the fauces. A piece of prepared elastic gum should next be attached to the posterior part of the plate, where the natural soft palate commences, extending downwards on each side, as low as the remaining part of the uvula, and grooved at its lateral edges, to receive the fissured portions of the velum. In the posterior centre of the elastic gum should be placed a moveable uvula. That these may partake of the natural movements of the parts during deglutition, a spring should be affixed behind them, one end of which should be fastened to the posterior and anterior surface of the principal plate, while the other end rests gently against the posterior face of the Indian rubber, which keeps it always in close apposition with the edges of the fissure during deglutition, &c. The anterior lateral edges of the Indian rubber should be made to come considerably over the sides of the fissure, which will prevent it from slipping behind it during its altered positions, the whole apparatus being held up, as before described, by elastic gold springs fixed round the teeth on each side.

Imperfections of this kind from birth are frequently attended with a deficiency of one or more of the front teeth, and combined with hare lip. Two cases of this description came under Mr. Snell's care, one of which was supplied in the following manner:—An instrument was constructed similar to the one before described, only that the anterior portion of the plate was brought forward into the cavity between the teeth, two of which were deficient. A piece of sea-horse tooth was next fitted down upon this portion of the plate, shaped similar to the natural parts, and made to receive two natural incisors. The fissure in the lip was then supplied by a gold plate, formed to the natural shape of the parts, and enamelled so as to resemble the adjoin-

ing parts in colour. This was held in its proper situation by gold pivots, which were inserted into the piece of sea-horse tooth, so that it could be removed at pleasure. The patient was too timid to submit to the operation for hare lip, which, of course, would have been far preferable to any artificial supply.

DRINK AND BE MERRY. BY A TIPLER.

As I am just at this moment at the last—I was going to say *moiety*, but I detest the word, while we have such a good, plain, and sensible word as *half*, which is worth twenty such outlandish stragglers, that pedants are so fond of picking up. Well, I am just at the last half of my third bottle, and I shall prove, by good substantial evidence, that I am not drunk, by exhibiting a chain of sound logical and rational argument and deduction.

It will be objected, without doubt, that the mirth which wine inspires is imaginary, and without any foundation; and that, as Boileau has it,

“Rien n'est beau que le vrai. Le vrai seul est aimable.”

Nothing so beautiful as what is true,
That it is only lovely in its due.

I very willingly own, that this joy and mirth is nothing else than the effect of our imagination.

Full well I'm satisfied 'tis nothing all
But a deceitful hope, less solid far,
A thousand times, than is the moving sand;
But are not all things so with wretched man?
All things soon pass away like rapid streams
Which hasten to the sea, where lost for ever
In th' ocean's vast abyss unknown they lie.
Our wisest wishes and desires are vain
Abstracted vanities, gay painted bubbles,
That break when touch'd, and vanish into air.
Love, wisdom, knowledge, riches, phantoms all.

But before we thoroughly refute this objection, I will observe by the way, that errors and illusions are necessary to the world. “In general, indeed, it is true to say, that the world, as it is now, cannot keep itself in the same condition, were not men full of a thousand false prejudices and unreasonable passions; and if philosophy went about to make men act according to the clear and distinct ideas of reason, we might, perhaps, be satisfied that mankind would quickly be at an end. Errors, passions, prejudices, and a hundred other the like faults, are as a necessary evil to the world. Men would be worth nothing for this world were they cured, and the greatest part of the things which now

take up our time would be useless, as Quintilian well knew, namely, eloquence.

Things are in this condition, and will not easily change, and we may wait long enough for such a happy revolution, before we shall be able to say with Virgil,

“Magnus ab integro sæculorum nascitur ordo.”

A series long of ages now appear,
Entirely new to man, before unknown.

On the other hand, “if you take away from man every thing that is chimerical, what pleasures will you leave him? pleasures are not things so solid as to permit us to search them to the bottom; one must only just touch them and away. They resemble boggy and moorish ground, we must run lightly over them, without ever letting our feet make the least impression.

No, wheresoe’er we turn our wishing eye,
True pleasure never can our souls enjoy.

Let us add, “that if we did not help to deceive ourselves, we should never enjoy any pleasure at all. The most agreeable things in this world are in the bottom so trivial that they would not much affect us, if we made but ever so little serious reflection upon them. Pleasures are not made to be strictly examined into, and we are obliged every day to pass over a great many things in them, about which it would not be proper to make one’s-self uneasy.”

Besides, “is not the illusion we enjoy as valuable as the good we possess? M. Fontenelle makes a very excellent observation hereupon in these verses:—

Illusion pour quelque tems repare
Le defect des vrais biens que la Nature avare
N’a pas accordez aux humains.
Illusion for some time repairs
The want of real joys, which niggard Nature
Never has granted to unhappy man.

“Enjoyment,” says Montaigne, “and possession, belong principally to imagination, which embraces more eagerly that which it is in pursuit of, than that which we have in our power.”

And certainly, one may pronounce them happy who thus amuse themselves, and believe themselves to be so. And indeed, when a man is so far gone in this persuasion, every thing that is alleged to the contrary is rejected as a fable.

But to shew at present the reality, if one may say so, of mere illusion, we need go no farther than the poets, who are certainly the happiest mortals living in that respect.

The Mad Poet.

To instance no more, there’s Mr. ———, who would fain be a

rhymers, and that is his folly ; but though the poor man, for his insipid verses, and improper epithets, richly deserves our pity, yet is he wonderfully pleased with his performances, and with a great deal of tranquillity mounts up Parnassus, in his own conceit, in loftier tracts than Virgil or Theocritus ever knew. But, alas ! what would become of him, if some audacious person should dare unbind his eyes, and make him see his weak and graceless lines, which, however smoothly they may run, are at best but exquisitely dull ; contain terms that have no meaning in them, and have no other ornament but unintelligible jingle, and initial letters ? how would he curse the day which deprived his senseless soul of that happy error that so much charmed his thoughts, and amused his imagination ?

What is here said of the poets is applicable to all mankind ; and so a man, whom any one should undertake to persuade, that the mirth and joy inspired by wine is chimerical, would do well to answer him, after the manner that a certain madman did the doctor who cured him. The story is this :—

The Madman Cured.

Once upon a time a certain bigot, otherwise a man of sense, had his brain a little touched with whimsies, and continually fancied he heard the heavenly music of the blessed spirits. At last a physician, very expert in his profession, cured him, either by his skill, or by chance, no matter which ; but when he came to demand his fees ; for what ? says the other, in a violent passion, by your slip-slops and art you have robbed me of my Paradise, though you have cured me of my error. This I borrow from Boileau, as he did from Horace.

“There are,” says Pere Bonhoures, writing to Bussi Rabutin, “agreeable errors, which are much more valuable than that which the Spaniards called *desengano*, and which might be called in our own language *disabusement*, if this word, which one of our best writers has ventured upon, had been received.”

We shall conclude with M. de Sacy, “that it is not always doing mankind an agreeable service to dissipate their illusions. And we may say of those who taste those satisfactions wine inspires, what M. Bayle says very pleasantly of news-mongers, who are still in hopes of what they wish for. “They are, says he, “the least unhappy, whatever happens. There is a great deal of reality in their agreeable sentiments, how chimerical soever their foundation may be ; so that they do not willingly suffer themselves to be disabused ; and they sometimes say when one gives them reasons why they should believe the news, that makes them so joyful, is doubtful or absolutely false, why do you

envy us the pleasures we enjoy? Do not disturb our entertainment, or rob us of what we hold most dear. A friend more opposite to error than charity is a very troublesome reasoner; and if he meddles with their chimæras they will endeavour to do him a diskindness."

We come now to another objection, and that is, that this joy inspired by wine is but of a very short continuance; and the pleasure one tastes in so short a space, is dearly repaid with a long and tedious uneasiness. *Ebrietas unius horæ hilarem insaniam longo temporis tedio pensant.*

I own that it is a very great misery that our pleasures are so short: and the shorter too, the more exquisite they are. And perhaps, this may be a kindness to us, since some are so superlatively so, that should they continue a much longer space, mankind could not support themselves under these ecstasies. But be this as it will, can we make them otherwise than they are? We must therefore have patience, and take them as we find them. In short, there is no present happiness in the world; all we can do, is to be contented with the present, not uneasy at what is to come, but sweeten with an equality of soul, the bitter miseries of human life.

CAUSES WHICH PRODUCE CORNS.

On this subject there has been great diversity of opinion, both amongst surgical operators and also their patients. When any person has a complaint he becomes naturally inquisitive about the cause of it, and finds a hope of cure even in that investigation. It is a happy principle of the human mind, that the buoyancy of hope should often soften the evils of the body, and ought to be cherished where it does not lead to error. Again, when a corn is formed, and the person feels considerable pain from the pressure of a shoe or boot, he removes the pressure, and a partial relief from pain takes place, whence the radical cause of the complaint is often attributed to that which, perhaps, merely exacerbates the pain after the corn has come to maturity. Tight shoes are, therefore, instantly asserted to be the cause of the complaint—and so they may be in many instances, but not in all; and it therefore becomes necessary to go a little deeper into the subject, since a correct knowledge of the producing causes may often lead to prevention as well as cure.

Tight Shoes.

It, perhaps, cannot be denied with justice, that shoes, if too tight, or too short, often produce corns; at least they aggravate

the complaint, and therefore ought sedulously to be avoided. Even large shoes, if they are rough and hard, must be noxious, as are all inequalities in the inner part of the sole, arising from the ends of iron or wooden pins not sufficiently flattened or covered; nay, the wrinkles that take place in the soft leather attached to the inside of the shoe may have the effect of producing corns in the heel; and the seams, if not sufficiently flattened, may produce the same effect.

This is not undeserving the notice of those who, during their country excursions, may have occasion to purchase shoes or boots, where fashion has not as yet sufficiently predominated to insure a strict attention to neatness, especially on continental tours.

Constitutional Predisposition.

Allowing all these causes to have their effects with respect to corns, it is also contended that these excrescences often arise from some particular constitutional predisposition, totally independent either of the natural or artificial circumstances connected with the feet or toes. In this there seems much truth, when we consider that a great number of persons of both sexes are in the habit of wearing tight shoes, or shoes of extreme hardness, without any disagreeable consequences, whilst others have their feet almost literally covered with corns, even whilst they pay the strictest attention to the care of their feet. It must also be taken into consideration that corns grow both on the toes and heel, and yet there are instances of persons who, although they wear easy shoes, have corns on the toe where there is no pressure, and none on the heel, where pressure must necessarily exist. In such cases, if pressure were the only cause, we should naturally expect to find corns on the lower part of the heel, where they sometimes appear in other subjects: whereas if they do appear, it is on the posterior part, where pressure does not exist at all. Even when buckles were in fashion, though they certainly produced callosities on the upper part of the foot, yet corns were never seen to arise from their pressure; but, perhaps, the most convincing proof that corns exist, independent of tightness or pressure, may be found in the fact that many persons have corns solely upon one foot, whilst the other is perfectly free from them, although precisely exposed to the same circumstances.

Sedentary Habits.

It has been ascertained that persons whose skin is very thin, and possessing much sensibility, are most subject to cuticular excrescences, and feel most inconvenience from them. If we

look at sedentary persons, and compare them with those who are in the constant habit of pedestrian exercise, we shall find that the sensibility of their feet is so much greater, that not only will a short walk fatigue them, but the slightest irritation in the feet will produce pain, whilst those accustomed to general walking will scarcely suffer from the most protracted exercise. This readily accounts for another well known fact, that persons residing in town are much more subject to corns than those who live in the country; nay, it has been known that persons who in their youth have, during a town residence, been afflicted with corns, have actually been cured of them simply by retiring to the country, and taking the usual amusements of fishing and shooting, with their feet often wet; whilst on a subsequent return to the ease and indolence of a fashionable metropolitan life, they have found their former complaint return with redoubled violence.

Though it is not meant here to be absolutely asserted that none but people with tender feet are afflicted with corns, yet it may be assumed as a truth, that in those whose skin possess most sensibility, corns, and indeed other excrescences, will develop themselves with the greatest rapidity, and become painful even in their earliest stages; whilst with others they increase very slowly, and are seldom painful until they have acquired considerable size. But this is a sufficient reason why they should be carefully attended to, even by the latter in their early progress, as they are then most easily eradicated; whilst if permitted to grow until they become actually painful, a kind of predisposition is acquired by the affected part which can never be removed.

In the preceding observations, it is not intended unnecessarily to terrify the fair sex out of that neatness about the feet which is so becoming. They certainly are in the habit of wearing tighter shoes than their male friends; and yet it is a well authenticated fact, that even taking into the account the tenderness of their cuticle, they do not seem to be more afflicted with corns than the male part of society. Perhaps this was not the case when high-heeled shoes were in fashion. In the present style the pressure upon the foot is certainly more equal, and therefore, perhaps; if not absolutely acting like a compress, the less likely to produce excrescences of any kind: for it is not unfair to suppose that a partial pressure may be injurious, even though not extreme.

Hereditary Corns.

If once corns are known to proceed from constitutional causes, there can be very little difficulty in believing that they

may be hereditary. That they are so has been proved in many instances beyond the possibility of a doubt, as they have been found in infants on the same parts of the foot as they have afflicted the parents, and on the same foot when only one foot has been affected. In such cases, though partial relief may often be given, even in advanced life, yet it were better if parents were careful to have them eradicated in infancy, before an hereditary taint becomes decidedly constitutional.

ON LOSS OF CREDIT. BY A TRADESMAN.

Credit is the tradesman's life, it is, as the wise man says, marrow to his bones; it is by this that all his affairs go on prosperously and pleasantly: if this be hurt, wounded, or weakened, the tradesman is sick, hangs his head, is dejected, and discouraged; and if he does go on, it is heavily, and with difficulty, as well as with disadvantage; he is beholden to his fund of cash, not his friends; and he may be truly said to stand upon his own legs, for nothing else can make him keep his ground.

It is very rarely that men are wanting to their own interest, and the jealousy of its being but in danger, is enough to make men forget, not friendship only, and generosity, but good manners, civility, and even justice itself; men will fall upon the best friends they have in the world, if they think they are in the least danger of suffering by them.

On these accounts it is, and many more, that a tradesman walks in continual jeopardy, from the looseness and inadvertency of men's tongues, and women's too: for though I am very tender of the ladies, and would do justice to the sex, by telling you, they were not the dangerous people whom I had in view in my first writing upon this subject; yet I must be allowed to say, that they are sometimes fully even with the men for ill usage, when they please to fall upon them in this nice article, in revenge for any slight, or but pretended slight, put upon them.

Slander.

It was a terrible revenge a certain lady, who was affronted by a tradesman in London, in a matter of love, took upon him in this very article. It seems a tradesman had courted her for some time, and it was become public, as a thing in a manner concluded, when the tradesman left her a little abruptly, without giving a good reason for it; and, indeed, she afterwards discovered, that he had left her for the offer of another with a little more money; and that when he had done so, he reported, that it was for another reason, which she thought reflected a

little on her character. In this the tradesman did very unworthily, and deserved her resentment, but not to the height she carried it.

First, she found out who it was that he had been recommended to; and then found means to have it insinuated to her, by a female friend, that he was not only rakish and wicked, but almost a bankrupt. Such a discourse as this at a tea table, it could not be expected would be long a secret; it ran from one tittle-tattle society to another, and in every company, snow-ball like, it was far from lessening; and it went on till at length the tradesman found himself obliged to trace it as far and as well as he could, to endeavour to vindicate his character.

But it was to no purpose to confront it; when one and another was asked, they only answered, they heard so, and heard it in company, in such or such a place; and some could remember where they had it, and some could not; and the poor tradesman, though he was really a man of substance, sunk under it prodigiously; his new mistress whom he courted, refused him, and would never hear any thing in his favour, or trouble herself to examine whether it was true or not; it was enough she said to her, that he was loaded with such a report, and if it was unjust, she was sorry for it, but the misfortune must be his, and he must place it to the account of his having made some enemies, which she could not help.

As to his credit, the slander of his first mistress's raising was spread industriously, and with the utmost malice and bitterness, and did him an inexpressible prejudice; every man he dealt with was shy of him; every man he owed any thing to, came for it; and, as he said, he was sure he should see the last penny demanded. It was his happiness that he had wherewith to pay, for had his circumstances been in the least perplexed, the man had been undone; nay, as his affairs might have lain, he might have been able to have paid forty shillings in the pound, and yet have been obliged to shut up his shop.

It is true he worked through it, and carried it so far as to fix the malice of all the reports pretty much upon his first mistress, and particularly so far as to discover that she was the great reason of his being so positively rejected by the other; but he could never fix it so upon her, as to recover any damages.

My inference from all this shall be very brief: if the tongues of every ill-disposed envious person may be thus mischievous to the tradesman, and he is so much at the mercy of the slandering part of the world; how much more should tradesmen be cautious and wary, how they touch or wound the credit and character of one another? There are but a very few tradesmen who can

say they are out of the reach of slander, and that the malice of enemies cannot hurt them with the tongue : here and there one, and those old and well established, may be able to defy the world ; but there are so many others, that I think I may warn all tradesmen against making havock of one another's reputation, as they would be tenderly used in the same ease.

And yet I cannot but say, it is too much a tradesman's crime to speak slightly and contemptibly of other tradesmen their neighbours, or perhaps rivals in trade, and to run them down in the characters they give of them, when inquiry may be made of them, as often is the case, when ignorant people think to inform themselves of their circumstances, by going to those whose interest is to defame and run them down.

I know no case in the world, in which there is more occasion for the golden rule, *Do as you would be done unto*. It is true, that friendship may be due to the inquirer ; but still so much justice is due to the person inquired of, that it is very hard to speak in such cases, and not be guilty of raising dust, as they call it, upon your neighbour ; and at least hurting, if not injuring him.

Character-Giving.

It is, indeed, so difficult a thing, that I scarce know what stated rule to lay down for the conduct of a tradesman in this ease. A tradesman at a distance is going to deal with another tradesman my neighbour ; and before he comes to bargain, or before he cares to trust him, he goes, weakly enough, perhaps, to inquire of him, and of his circumstances, among his neighbours and fellow-tradesmen, perhaps of the same profession or employment, and who, among other things, it may be, are concerned, by their interest, that this tradesman's credit should not rise too fast : what must be done in this ease ?

If I am the person inquired of, what must I do ? If I would have this man sink in his reputation, or be discredited, and if it is for my interest to have him cried down in the world, it is a sore temptation to me to put in a few words to his disadvantage ; and yet if I do it in gratification of my private views or interest, or upon the foot of resentment of any kind whatever, however just and reasonable the resentment may be, it is utterly unjust and unlawful, and is not only unfair as a man, but unchristian-like.

If, on the other hand, I give a good character of the man, or of his credit in business, in order to have the inquirer trust him, and at the same time know or believe, that he is not a sound or good man as to trade, what am I doing then ? It is plain, I lay a snare for the inquirer, and am, at least, instru-

mental to his loss, without having really any design to hurt him : for it is to be supposed, before he came to me to inquire, I had no view of acting any thing to his prejudice.

Again, there is hardly any medium ; for to refuse or decline giving a character of a man, is downright giving him the worst character one can : it is, in short, shooting him through the head in his trade ; for let your reasons for it be what they will, to refuse giving a character, is giving a bad character, and is generally so taken, whatever caution or argument you use to the contrary.

In the next place it is hard, indeed, if an honest neighbour be in danger of selling a large parcel of goods to a fellow, who I may know it is not likely should be able to pay for them, though his credit may, in the common appearance, be pretty good at that time ; and what must I do ? If I discover the man's circumstances, which perhaps I am led into by some accident, the man is undone ; and if I do not, the tradesman, who is in danger of trusting him, is undone.

In this case, the way, I think, is clear, if I am obliged to speak at all in the case ; the man unsound is already a bankrupt at bottom, and must fail ; but the other man is sound and firm, if this disaster does not befall him : the first has no wound given him, but, negatively, he stands where he stood before ; whereas the other is drawn in, perhaps to his own ruin. In the next place, the first is a knave ; for he offers to buy and he knows he cannot pay. In a word, he offers to cheat his neighbour.

In this case, I think, I am obliged to give the honest man a due caution for his safety, if he desires my advice : and that for the same reason as I ought to warn an honest man against a thief ; for he is as bad, or worse, who takes up goods of another, and knows he shall never be able to pay for them. Upon the whole, every part of this discourse shews how much a tradesman's welfare depends upon the justice and courtesy of his neighbours, and how nice and critical a thing his reputation is.

This, well considered, would always keep a tradesman humble, and shew him what need he has to behave courteously and obligingly among his neighbours ; for one malicious word from a man much meaner than himself, may overthrow him in such a manner, as all the friends he has may not be able to recover him : a tradesman, if possible, should never make himself any enemies.

But if it is so fatal a thing to tradesmen to give characters of one another, and that a tradesman should be so backward in it for

fear of hurting his neighbour, and that, notwithstanding the character given should be just, and the particualar reported of him should be true ; with how much greater caution should we act in like cases, where what is suggested is really false in faet, and the tradesman is innocent ? There is an artful way of talking of other people's reputation, which really, however, some people salve the matter, is equal in malice to the worst thing they can say ; this is, by rendering them suspected, talking doubtfully of their characters, and of their conduct. "I do not know what to say to such a man, a gentleman came to me the other day to inquire about him, but I knew not what to say, I durst not say that I would trust him with five hundred pounds myself ; but I do not know indeed, but he may be a good man at bottom ; yet I must needs say, that if he would mind his business a little more it would not be the worse for his family."

He is asked of the currency of another's payments ; and he answers, "I know not what to say, he may pay them at last ; but he seems not to put the value upon his credit that I think he ought. I have heard saucy boys huff him at his door for bills, on his endeavouring to put them off. Indeed, I must needs say, I had a bill on him, some weeks ago, for an hundred pounds, and he paid me very currently, and without any dunning, or often calling upon ; it is true, I offered him a bargain at that time, and a man would struggle hard to pay well for a good bargain."

Thus may a man in trade be insidiously wounded in his credit. But the tradesmen that will thus behave to one another, cannot be supposed to be men of much principle, but will be apt to lay hold of any other advantage to hurt their neighbour, how unjust soever ; and, indeed, will wait for an occasion of such advantage : and where is there a tradesman, but who, if he be ever so circumspect, may, some time or other, give his enemy, who watches for his halting, advantage enough against him ? When such a malieious tradesman appears in any plaee, all the honest tradesmen about him ought to join to expose him, they should blow him among the neighbourhood as a public nuisance, as a common raiser of scandal ; by such a general aversion to him, they would bring him into so just a contempt that no one would keep him company, much less credit any thing that he said ; and then his tongue would be no slander ; his breath would be no blast ; and nobody would either tell him any thing, or hear any thing from him ; and this kind of usage, I think, is the only way to put a stop to a defamer ; for when he has no credit of his own left, he will be unable to hurt any of his neighbours.

MR. ABERNETHY'S ADVICE TO HIS PATIENTS.—No. 3.

Our talented author is right certainly, when he asserts that mercury injures the liver when given to any extent, or continued long, even in Dr. Wilson Philip's almost *invisible* doses of one-eighth of a grain. But we think his explanation is not very clear—it does not stand out from the canvas to meet you—perhaps Mr. Abernethy does not study perspective, though every writer ought. If he had, he would not have said that it is the process of salivation which hurts the liver and digestive organs. (Oracle, Vol. III. p. 208.) The plain matter is this—mercury spurs on every gland of the body, to drain off its particular fluid from the blood—it spurs on the salivary glands to filter out saliva from the blood—the kidneys to filter out urine—the female breast to filter out milk—and the liver to filter out bile. Now, if you spur on any one of these beyond their speed, you founder them as you would a horse—exhaust their force, and derange their functions. We recommend Mr. Abernethy then to study perspective, the next time he undertakes to give a sketch of mercury in the form of a glandular spur, and not refer us to the metaphysical phantom of salivation for a picture of its evils. We shall go through his other subjects anon—but we must first see a few of his cases.

“Having, from general observation, acquired the opinion that the peculiarities of local disease depend chiefly on the state of the constitution, I shall relate some cases which were treated in conformity with the principles which such an opinion would naturally suggest. I must, however, previously caution the reader against inferring that I attribute all local diseases to some general error in the state of the health. I have seen local diseases, which could not be deduced from any general indisposition, nor corrected by remedies which act simply on the constitution at large. I wish to guard against the suspicion of being inclined to make general assertions; while I avow at the same time, that my observations induce me to believe that the peculiarities of local disease generally depend upon constitutional causes. Reason also suggests the same opinion; for if sores of the same character break out in succession in different parts of the body, can we doubt that they arise from the state of the health in general?

There appears to me a combination of nervous irritability and weakness, and to such a combination I am inclined to attribute the peculiarities of these variable and unclassified local diseases. Perhaps I may explain my meaning further, by adverting to what happens not unfrequently in cases of buboes. The part

and the constitution have been both weakened by the disease that has occurred; they have been further debilitated by the mercury employed for its correction. The disease subsides, but a new disease and action commences; a trivial wound frets out into a sloughing sore, which is very difficult of cure. The sores, in different cases, are nearly as various in appearance as those of which I have been speaking. To what are we to attribute these dissimilar, perplexing, peculiar sores, if not to irritation occurring in weak and irritable parts? As the peculiar diseased actions of these sores originate chiefly from the weakness and irritability of the parts, induced by the previous disorder which they have undergone; so in their advanced stages they frequently present the best instance that can perhaps be adduced, of a peculiar local disease existing independently of constitutional disorder. It is true they affect the health in general; but it may, by attention, be kept in a moderately right state, and yet the sore remains unamended. The diseased actions of these sores sometimes gradually and sometimes suddenly cease; when healthy actions succeeding, the sore heals.

I remember a sore of this description, to which almost every variety of dressing had been tried without benefit. It was very extensive, and had burrowed in various directions beneath the skin. The ulceration at length became stationary; but after nine months the sore still remained as foul and fretful as it had been for a considerable time; when in the course of one week it perfectly cicatrized, leaving the hollows which I have described; for it had thrown out no granulations to fill these chasms.

Having thus stated the opinions which I have formed relative to these kinds of local diseases, and which have been deduced from cases too numerous to record, of which I have preserved no accurate accounts, I proceed to relate some cases treated in conformity to these opinions, which will, I trust, be sufficient to exemplify and illustrate the present subject.

Case of a Servant.

A gentleman's servant, between thirty and forty years of age, was sent to me with a bad ulcer in his cheek, situated between the nose and under-lid. The surrounding parts were inflamed, swollen, and indurated, so as to rise fully half an inch above their natural level. The sore was of an oval figure, measuring about an inch and a half in length, and half an inch in breadth and depth: indeed I could scarcely see its bottom. The surface was covered by adhering matter of a greenish hue. The skin round the margin was thickened, and had in some parts sealed off. The patient had been rubbing in the mercurial ointment for this complaint. His health was much disturbed; he had no

appetite; his tongue was much furred and tremulous; his bowels alternately costive and lax; his stools blackish.

I advised him to take five grains of rhubarb about an hour before dinner, and five grains of the blue pill every second night, with castor oil or senna tea occasionally, so as to procure a motion daily. The sore was dressed with spermaceti cerate. I saw him again in three days, when he said that he felt himself under the greatest obligations to me. He had been entirely free from pain and distressful sensations since he began to take the medicines; although he declared, that before that time he should have been thankful to any one who would have destroyed him. I mention this, because I have often remarked in these cases the surprisingly great relief and comfort which have arisen from a change, produced by means apparently insignificant and inadequate. The bowels now acted regularly, and the stools were more copious and of a more natural colour; and to this correction of the biliary secretion, I am inclined to impute that relief which he so forcibly depicted. The sore had discharged profusely; the surrounding swelling and inflammation were much lessened. He pursued the same plan of treatment for a month; during which time he recovered his appetite; his tongue became clean; his bowels regular, and the biliary secretion natural. The sore had contracted into a small compass, but without the appearance of granulations, and the surrounding parts were not swoln, though still red.

His health became at this time again much disordered, in consequence of his catching cold, from exposure to rain. He had pain in the bowels, with a slight purging; his appetite failed: his tongue was furred; and he had a severe cough, attended with copious expectoration. The sore on the cheek also enlarged to about one half of its former size, and the surrounding parts became tumid. I had the patient admitted into St. Bartholomew's hospital, where he took the decoction of cascarrilla with squills. His cough became materially better in a short time; the state of his stomach and bowels also greatly improved. The sore again diminished in size. About a fortnight after his admission into the hospital, an eruption came out over his whole body. The spots were of a copperish hue, but rather smaller, and more elevated than such eruptions generally are. Some of the eruptions gradually disappeared; and in about a fortnight, it was certain that many were entirely gone. About this time he began to complain of his throat; and an ulcer, the size of a shilling, formed in each tonsil. The edges of these sores were elevated and uneven, without any appearance of granulations; the surface was covered with yellow

adhering matter. The patient now again caught cold; he was attacked with pain in the bowels and purging, which obliged him to get up frequently in the night, and to remain for some time out of bed. The cough and expectoration returned: he lost his appetite; and he had a furred tongue. Dr. Roberts, whom I met at the hospital, did me the favour to prescribe for him. In a day or two afterwards, an erysipelatous inflammation appeared on the right side of his face, opposite to the situation of the sore. The eyelids were so tumid that he could not open them; the erysipelas spread to the other side of the face; and the other eye was equally closed. The fever ran also very high, and the patient became delirious; so that he was obliged for many days, to be confined by a straight waistcoat. These symptoms gradually abated, and he recovered, so as to be in better health than I had ever seen him. He was discharged in about six weeks, in a state of convalescence; and attended Dr. Roberts as an out-patient. The eruption and sore throat had entirely disappeared; the original ulcer was firmly healed; and the contiguous skin had become soft and natural, though it was still discoloured. A year has since elapsed, and he has had no return of his complaints.

It is, I think, sufficiently evident, in the present instance, that the peculiarities of the local diseases had their origin in the state of the constitution.

Case of a Lady.

I was consulted by a medical gentleman in my neighbourhood, on the case of a lady about forty years of age, who had been long subject to indigestion, and severe headaches. Her present and chief complaint had been of about three months' duration. It began with weakness, and an apparent irregularity in the motions of the lower extremities, attended with considerable pains resembling rheumatism, and rigidity of the calves of the legs. These symptoms increasing, she was unable, in the course of a month, to move about at all; but was obliged to be lifted in and out of bed. At this time an induration of the muscles of the calf of each leg had taken place. The indurated substance was about three inches in length, and between two and three in breadth. It was severely painful at times, and the integuments covering it were occasionally inflamed. There was also some pain and swelling in the ham. Leeches, sedative lotions, and mercurial ointment had been applied; cicuta and tonics had been given, but without alleviating the symptoms. I first saw the patient about six weeks after she had been obliged to keep her bed entirely; and the peculiarities of the present case led me at once to refer its origin to the state of the health

in general. The appetite and digestion were impaired, the tongue was much furred, and the stools blackish. I merely recommended fomentations to the indurated parts, considering it the primary object to correct the morbid state of the digestive organs. With this view, the compound infusion of gentian with the infusion of senna and tincture of cardamoms was given, in such doses as to procure an adequate evacuation daily, and five grains of the blue pill were taken every second night. These simple medicines were completely successful: after taking them a short time, the discharges from the bowels were natural, and properly coloured with bile. The appetite returned; the tongue became clean, and the pains almost immediately ceased. No cutaneous inflammation, indicating a disposition to suppuration, appeared again over the indurated parts, which gradually recovered their natural state. In a fortnight the patient could go about with a stick, and in two months could walk as well as before her complaint. She has enjoyed better health, since this time, than for many years before.

If, upon an extensive and accurate examination of the subject, it were to appear that many very peculiar and very dissimilar local diseases originate from a common cause, namely, from weakness and irritability of the system in general, our inquiry would be further extended, and we should feel anxious to know whether similar causes may not operate in the production of more common and more frequent local disorders. As far as my late observations have enabled me to determine, that state of the digestive organs, which I consider as causing or denoting constitutional disorder, exists prior to the formation of a carbuncle, and is exacerbated during the progress of that disease. This opinion, indeed, will appear probable, if we consider the kind of persons who are attacked with carbuncles, and the considerable derangement of health which even a trivial local disease of this nature occasions. I shall mention but one case in support of this opinion, though I have made similar remarks in several other instances.

Case of a Gentleman.

I attended a gentleman who was afflicted with carbuncles, during three successive attacks, at the interval of about a year between each. I made an incision through the indurated skin, down to the subjacent sloughy cellular substance, and thus brought the local disease to a crisis. This treatment was sufficient in the two first attacks; the extension of the disease was prevented; the sloughs separated, and the wound healed. The patient, whose mode of life was intemperate, had cough; difficult respiration; fulness and tenderness of the

parts situated in the epigastric region; unhealthy secretion of bile; and, in short, all those symptoms which denote a very considerable degree of disorder of the digestive organs: it is probable, indeed, that some organic disease of the organs of digestion existed. After he had recovered from the carbuncle, I told him that the most important disease still existed; and urged him to be attentive to his diet, and to the directions of his medical attendants. He still, however, continued to live intemperately, and his disorder increased. He was, indeed, nearly dying from diseased viscera, when he was attacked with carbuncle for the third time. The division of the parts produced a temporary cessation of the disease; but it began again to spread in every direction from its circumference, and he died.

It will not, I believe, be doubted, that boils are a slighter degree, with some variation, of the same disease which causes anthrax or carbuncle; and it is almost unnecessary to remark, that some persons are subject to a successive formation of very large and troublesome boils from the least irritation of the skin. I have seen many persons thus affected; and there has been, in every instance, disorder of the digestive organs, the correction of which has prevented the return of these vexatious local diseases. One gentleman, who had been tormented for many years by the quick successive formation of boils as large as eggs, has been free from them for some years, though he has had other disorders, which denote such a condition of the constitution, as it has been my object to describe in this paper.

I have remarked in many instances, that diseases of the absorbent glands, such as are usually denominated scrofulous, occurring in adults, have apparently originated from the disorder which I have described. In several cases the local disease was of long duration, and had become worse rather than better under various plans of medical treatment: yet it amended regularly, and sometimes even quickly, in proportion as the state of the digestive organs was corrected. I need not detail any cases on this occasion, since every surgeon must know them familiarly. The patients are commonly sent to the sea-side, or into the country, where enlarged glands subside, and those which have suppurated and ulcerated heal; and the local disease recovers, in proportion as the health in general is amended.

There are cases of scrofulous diseases occurring suddenly, and in various parts of the body at the same time, which seem to originate in that state of the constitution which is occasioned by disorder of the digestive organs. I have chiefly observed these cases in children, and they have followed some violent febrile affection. In two cases which I shall particularly mention, the

small-pox was the antecedent disease. I have already stated, that when the health has been considerably disordered by some violent disease, the digestive organs may become subsequently affected; and that this disorder proves a cause of many secondary diseases.

Case of a Child.

A child of two years old had the small-pox, from which he did not seem to recover, but on the contrary fell into a very bad state of health. The absorbent glands on the right side of the neck became enlarged in succession, so as to form altogether a very considerable tumour, which extended down to the collar bone. The axillary glands then became affected in the same manner; the swelling was unusually great, and seemed to extend under the pectoral muscle, elevating it, and forming by this means a continuation of tumour with the glands of the neck. These swellings had partially suppurated, and had broken in two places, viz. in the neck, and about the margin of the pectoral muscle, but no relief followed; on the contrary, the mass of disease seemed to be rapidly increasing. The child was bowed forwards, so that the spine was much curved in the loins; the left leg appeared paralytic; and a swelling was perceived in the abdomen, which I could not but ascribe to an enlargement of the external iliac glands. The child was extremely emaciated; his skin felt hot and dry; his tongue was covered with a brown fur; and the stools were black and highly offensive. As there was no expectation that he could survive this desperate state, those medicines only were prescribed that seemed likely to correct the state of the digestive organs; such as occasional doses of calomel and rhubarb. A strict attention to diet was also recommended. Under this treatment the stools gradually became natural, and the tongue clean. The disease seemed to stop immediately. As the health was restored, the swellings rapidly subsided; and the child became one of the healthiest and stoutest of the family.

Case of a Female Child.

A female child, after having had the small-pox, got into bad health from disorder of the digestive organs. She was then suddenly attacked with a scrofulous affection of the knee and elbow of the opposite sides of the body. Two collections of fluid had taken place beneath the fascia of the leg and thigh. The joints were greatly enlarged, and the swelling was apparently caused by an increase in the size of the bones. Had I seen either joint, as a single case of disease, I should have said that it would leave the child a cripple. It was manifest, in the

present instance, that these local diseases were the consequence of general ill-health; and that the first object was to correct the disorder of the system. The functions of the digestive organs, which had been deranged, were restored to their natural state by employing the same diet and medicines which had been so signally successful in the preceding case. By these means the health was re-established, and the local diseases gradually disappeared.

I have heard it remarked by surgeons of great experience, that patients often recover when many serofulous diseases appear at the same time; although some of them may be so considerable, that they would seem to warrant amputation had they appeared singly. The cases which I have related afford a most clear and satisfactory account of the mode of recovery. General irritation and weakness bring on diseases, to which perhaps a predisposition may exist in several parts of the body; these cease when their exciting cause is removed.

Of late indeed I have been equally surprized and rejoiced to see swellings of the absorbent glands in children readily dispersed by that medical attention to correct errors in the functions of the digestive organs, which I have described. Some of these swellings came on rapidly, and some slowly; but these were so large and so much inflamed, that if any person had formerly told me they might be dispersed by such measures, I should have thought the assertion an absolute absurdity, from its direct contradiction to my former experience.

WHITE MUSTARD SEED.

As we have reason to believe that the following paper has been circulated to great extent, we deem it our duty to print it entire, as a singular instance of the puff mercantile. White mustard seed, as well as common mustard seed, taken either bruised or unbruised, must be productive of a purgative effect, gentle or violent, according to the dose, because it acts as a stimulant to the bowels. The philosophy of the thing is very simple, and will apply to many other purgatives:—we explain it thus. If you prick your skin with a needle, or burn it with the blunt end of a hot needle, you may perceive it shrink or contract, as if to escape from the annoyance. If you apply a little bit of scraped horse-raddish or of table mustard under the eye, the eye-lids will in the same way shrink and contract, in consequence of the pain produced. In precisely the same way, the stomach and bowels will shrink and contract if you swallow mustard, or mustard seed; and as this shrinking and

contracting, will go on according to the quantity swallowed, and the irritable or partially insensible state of the bowels, till the mustard is expelled; it must be evident, that a stool will be produced, proportionally sooner than if no mustard had been swallowed. But at the same time, you must be prepared for griping, colic and flatulence, as necessary consequences, arising from the bowels, writhing and twisting in their endeavours to throw off the mustard, or to escape from its assaults. This, we think, must be obvious to the most common comprehension; and it will follow, that white mustard seed cannot, by any possibility, be the universal remedy which the puff-paper asserts it to be. In palsy and apoplexy, where the bowels become torpid, and refuse to yield to other medicines, mustard has been found useful; but in many of the diseases enumerated below, it must prove hurtful, particularly so, we should say, in flatulence, which mustard will often cause, even in the most healthy.

Observations on the Medicinal Efficacy of White Mustard Seed.

[Written by a Clergyman in Lincolnshire from his personal experience, and circulated by him for the benefit of the Public.]

“In the month of June, 1822, I first made trial of the White Mustard Seed, merely as an aperient; when the generally improved state of my feelings, which immediately followed, inclining me to give it credit for other medicinal properties of at least equal value, I gave it to some of the sick poor in the neighbourhood, and with a success which excited my astonishment. From that time to the present, I have been in the habit of recommending it very generally, and the opinion which I have always entertained is now fully confirmed, that the public are not aware of its very extraordinary powers, nor of the very great variety of cases to which it is applicable; and that in order to its general adoption as a remedy for disease, its virtues require only to be known, to be adequately appreciated.

“The white mustard seed is an almost certain remedy for all complaints connected with disordered functions of the stomach, liver, and bowels, and has been eminently successful in the following cases:—in tendency of blood to the head, headache, weakness of the eyes and voice, and hoarseness; in asthma, shortness of breath, wheezing, cough, and other distressing affections of the chest; in indigestion, oppression after eating, heartburn, sickness, wind and spasms, cramp, and other uneasy affections of the stomach; in debility, uneasiness, pain and sense of tenderness and soreness in the interior, and particularly at the pit of the stomach, and in pain in the sides, and the lower part of the body; in scanty and redundant flow of bile,

scirrhus liver, and other morbid affections of that organ ; in deficient perspiration, gravel, scanty and unhealthy state of the urine, and other disorders of the skin and kidneys ; in relaxed and irritable bowels, flatulence, and occasional and habitual costiveness ; in severe colds, rheumatism, lumbago, spasms, and cramp in the body or limbs, partial and general dropsy, palsy, coldness of the limbs and feet ; loss of appetite, failure of sleep, weakness of nerves, depression of spirits, and general debility of the system. In ague, gout, rheumatic fever, epilepsy, scrofula, scurvy, crsipelas, or St. Anthony's fire, in the dreadful painful affection called *tic douloureux*, and in recovery from the small pox, typhus, and scarlet fevers and other severe disorders, it has likewise been taken with very considerable advantage. For the long round worms and the small white ones, it is also incomparably the best remedy ; inasmuch as both in children and grown up persons, it not only destroys those reptiles, but if persevered in long enough, it restores the tone of the stomach, and proves the extraordinary remedial power of the mustard seed.

“A very respectable surgeon and apothecary, whom I have long known, a person of regular and rather abstemious habits, who during a period of thirty years, had sustained the fatigue of an extensive country practice, with scarcely a day's illness, at the age of fifty-two, was suddenly attacked with a severe pain in the left side and lower part of the body. Supposing the pain to arise from constipated bowels, he had recourse to calomel, rhubarb, castor oil, and several other active aperients, but without obtaining any relief. He then took an emetic, was bled largely in the arm, used a hot bath, was blistered in the part affected, and lay for seventy hours in a profuse perspiration. By this treatment the pain gradually abated, leaving him, however, at the end of four days extremely weak and emaciated. For the space of two years afterwards, he had frequent and severe returns of the pain ; and his constitution being undermined, the stomach, liver, and kidneys, became sensibly affected, and indigestion, constipation, and flatulence succeeded, with the appearance of general decay. Having consulted several professional men, and taken a great variety of medicines during this period, but to no good purpose, in November, 1822, he made trial of the mustard seed ; and it is remarkable, that in a very few days after taking this remedy, the pain entirely ceased, and has never since returned. The action of the affected organs was gradually improved, digestion was restored, the bowels resumed their functions, and at different times he was relieved by the discharge of several small portions of gravel. Encouraged by these advantages he continued the use of the seed

with increased confidence. In November, 1823, he discharged with ease a large rugged oblong portion of gravel; and, to use his own expression, his health had then, and for some time before, attained a state of wonderful improvement.

“The white mustard seed is also fully as valuable for the prevention as for the cure of disease; and of its power as a preventive, the following case is a remarkable illustration:—A friend of mine had for five or six years previous to the year 1823, been regularly attacked with hay or summer asthma, in the months of June or July, in each of those years. The attacks were always violent, and for the most part accompanied with some danger; and such was the impression made on his constitution by the disease, and the remedies resorted to—of which bleeding and blistering were the chief—that each illness led to a long confinement to the house, extending to a period of nearly three months. In the early part of that year, he resolved to make trial of the seed, in order to prevent, if possible, a recurrence of the asthma; and in the month of March he began the use of it, and has since regularly taken a dessert spoonful about an hour after dinner daily, to the present time. During this long period he has not only wholly escaped the disease, but his health has never been interrupted by illness of any kind, and has been progressively improving, until he is now enjoying a greater degree of strength and activity, and much better spirits, than he recollects ever to have had before. The most formidable bodily evils to which we are exposed are well known to originate in colds, to which, from the extreme variableness of our climate, we are peculiarly liable. As a means of preventing this fruitful source of disease, the mustard seed has in many instances been remarkably successful. Ever since June, 1822, I have myself regularly taken it once every day; and during all this time, I have never been troubled with the slightest cold, and have enjoyed an uninterrupted flow of health. A near relation of mine, whose life for many years had been frequently exposed to imminent danger from inflammatory affections of the chest, brought on by cold, of which he was remarkably susceptible, has also happily experienced a similar advantage from it. If persons of consumptive and delicate habits, or otherwise constitutionally susceptible of cold, would avail themselves of this hint; and if all persons indiscriminately on the first attack of disease, would have recourse to the mustard seed for a few weeks, the extent to which human suffering might be thus prevented, would, it may reasonably be presumed, exceed all calculation.

“After what has been said, it is almost superfluous to observe

that the mustard seed is peculiarly adapted to the case of those whose habits, situations, and conditions in life render them more particularly liable to disordered functions of the stomach, liver and bowels, with the endless variety of distressing maladies flowing from those causes. Of this class are principally the studious and the sedentary, persons whose constitutions have suffered from long residence in hot climates, mariners and sailors while at sea, manufacturers and mechanics of every description, miners and such as work under ground, the indolent and intemperate, the poor who suffer from hard labour, and scanty means of support, and persons advanced in years. To children also in the early period of infancy, the white mustard seed is highly beneficial as a remedy for worms, and as a means of obviating the extreme debility of the stomach and bowels, so frequently attached to their tender years.

“In the white mustard seed are combined a valuable aperient and an equally valuable tonic; and thus, while it affords the most salutary and comfortable relief to the bowels, it never weakens, but on the contrary always strengthens, in a very remarkable degree, both those organs and the stomach, and ultimately the whole system. Its efficacy probably consists in a communication of energy and activity to those movements of the canal by which the aliment is propelled, and in this way, perhaps, it operates in animating and improving those secretions of the stomach, pancreas, and liver, by which digestion and chylification, those most important functions in the animal economy, are effected. It has frequently succeeded when all other remedies have failed: it never loses its effect by use; it requires neither confinement to the house, nor any particular attention to diet, and in the absence of decidedly inflammatory symptoms, is always safe. In order to take it with advantage, the patient must attend to its effects upon the bowels, which, generally speaking, it is not designed to purge, but only to maintain in an uniformly open and comfortable state; and in securing this effect, of which any one may easily judge for himself, the whole art in the use of the medicine consists.

“The mustard seed is always to be *swallowed whole*, not broken or masticated, and either alone or in a little water, or other liquid, warm or cold, and the best general rules for taking it are the following:—Generally speaking, three doses should be taken every day without intermission; the first about an hour before breakfast, the second about an hour after dinner, and the third either at bed-time or an hour before. Those who dine so late as six or seven o’clock, should take the second dose at two or three o’clock in the afternoon, and the third about an

hour after dinner. Each dose should contain that quantity which, in the whole, shall be found sufficient to produce a healthy evacuation of the bowels every day. Two or three large tea-spoonfuls in each dose will generally produce this effect, though with some constitutions much smaller doses will answer the purpose; but should that quantity fail, each dose may be increased to a table-spoonful; and in some instances a fourth table-spoonful may safely be added between breakfast and dinner. When this quantity fails to produce the desired effect on the bowels, a circumstance which very rarely occurs, it will be proper to assist the operation of the seed with a little Epsom salts, or other mild aperient, taken every morning, or every second or third morning, as occasion may require, instead of the first dose of the seed, for the space of ten days or a fortnight, or such longer period as may be found necessary. And if the patient be troubled with piles, it will be advisable to relieve the bowels occasionally with a small tea-spoonful of milk of sulphur, and an equal quantity of magnesia, mixed together in a little milk or water, taken at bed-time, either with or after the last dose of the seed.

“In palsy, asthma, ague, diseases of the liver, rheumatism, and worms, the seed should be taken somewhat more freely than in other cases, and in instances of long standing and great obstinacy, to the extent of four or five large table-spoonfuls in the course of each day, if the bowels will bear that quantity without much inconvenience; and in these, as in other cases, the patient must have recourse to Epsom salts, or any other mild aperient, or to the mixture of sulphur and magnesia, if necessary. When the seed is taken as a *preventive* by persons of consumptive and delicate habits, or otherwise constitutionally susceptible of cold, or by others for the purpose of preventing the recurrence of disease of any kind, or as a *remedy* for costiveness, or any slight attack of disease; a single dose taken every day about an hour before breakfast, or which is generally to be preferred, about an hour after dinner, will very frequently accomplish the proposed object, provided it be sufficient in quantity to keep the bowels in an uniformly open and comfortable state.

“I will close these observations by remarking that a steady daily perseverance in the use of the mustard seed, according to the rules above recommended, for the space of two, three, or four months, and in many instances for a much shorter period, will seldom fail to convince the patient of the extraordinary efficacy and singular value of this very safe, cheap, and simple medicine.
I. T.”

And so ends this eventful history—most improbable in most of its details, or at least exaggerated out of all proportion to the facts. Whoever takes mustard seed every day, like this clergyman in Lincolnshire (if there be such a person at all), we pronounce to be in the same circumstances as a dram-drinker or tobacco-smoker—as to having acquired a bad unnatural habit, which will ultimately undermine his health. The story of the “large, rugged, oblong, portion of gravel,” is evidently humbug; for the mustard seed could not have had any thing whatever to do with such an effect, no more than the slice of beef, or the piece of pudding, which he might have eaten to dinner.

ORGANS OF THE VOICE.

We take up this subject where we left it last Number, and now come in the order of arrangement to the description of

The Windpipe and its Branches.

The tube which conveys the air to the lungs may be considered as a regular continuation of the larynx, being composed of gristly rings, united by a muscular coat which sheathes the whole, and lined by the same mucous membrane, which is continued from the mouth. There is, subjacent to this, a nervous layer or coat which renders it very sensible, though the cartilaginous rings, while in a state of health, are almost destitute of feeling, (no nerves being traceable into their substance,) and for that reason do not readily inflame, nor suffer irritation. It may be remarked that the gristle which composes the rings of the windpipe is fibrous rather than hard and brittle, and it will consequently bend, without breaking, in any direction. They are also elastic along with this property of suppleness, and recover their position when forcibly distended or contracted. Distinct from this property, though analogous to it, is the extensibility and contractility of the rings from causes acting slowly, such as the pressure of a tumour or of a tight neckcloth. This property is of great importance to be recollected in the management of the voice, with regard to its improvement or preservation.

When the windpipe enters the chest, it divides itself into two branches, one going to the right lung and the other to the left. These branches are again subdivided into a great many twigs, which become gradually smaller, and lose their gristly and ringed structure as they dip deeper into the substance of the lungs, till at last their extreme divisions terminate in the small cells which form the chief part of the substance of the lungs,

and alternately receive and emit the air we breathe: the shape and magnitude of the cells are various, but they are all united by the common but delicate mucous web, which is the general connecting chain of the whole body. Keil calculated that the number of these air-cells in one of the lungs of a healthy man was 1,744,000,000: this is, in all probability, greatly exaggerated, but we know that in a healthy individual the lungs will contain during a strong inspiration about 120 cubic inches of air.

The Mouth and the Parts Adjacent.

Authors, who have treated of the organs of the voice, have paid too little attention to the parts above the vocal chords, which the sound traverses after it is produced; but as these exert an important influence on the character of the sound in clearness and intensity, it becomes, we think, indispensable to examine their structure. The first of these in order of situation are,

The Tubes of the Ears.

A little above the valve of the orifice of the windpipe, on each side of the root of the tongue, is a small opening leading to a tube which communicates with the ear, and is supposed, so far as the ear is concerned, to serve a similar purpose to the air-holes of a violin or of a drum. With regard to the voice, these tubes appear to perform a very distinct part in rendering the sound clear and free; for the instant that the tubes are obstructed or closed by accident or disease, the sound of the voice appears dull and muffled. The utility of the tubes to the clearness of the voice is farther demonstrated from the circumstance, that the orifice of the tubes is always opened as a consequence of opening the mouth—Providence having evidently constructed them in this manner for the aid of speech. The ear, indeed, being formed of very hard bone, and containing the sonorous membrane of the drum, the sound of the voice entering it through the air-tubes must necessarily be increased by its passage along what we may perhaps be allowed to call the whispering galleries of the ears. It is necessary to mention that these air-tubes are lined by the same mucous membrane which lines the nose, the mouth, and the windpipe, and of course are equally liable to be affected with colds, and obstructed like the nostrils by swelling and inflammation, or by an increased discharge of mucus.

The Nasal Passages.

The effects produced on the voice by different states of the nasal passages is a matter of common observation; but in order

to understand the matter thoroughly, it will be requisite to describe these. The nose is a double channel for the passage of the air in breathing, the opening of which is always free. This circumstance, as Bichat remarks, distinguishes it from all the other external openings in the body, and is of much importance in breathing as well as in speaking; for it is thus prevented from accidental obstructions, arising from palsy or other diseases. In hysteric fits, and other convulsions, accordingly, when the windpipe is partially constricted, the nostril remains open to admit the air as soon as the constriction is removed. The nostril remains open also in the dreadful affection of locked-jaw—when the teeth will not admit the blade of a knife between them.

The more external part of the nostrils is larger, longer, and less winding and oblique, than they become farther inwards. The middle part which begins about an inch from the outer orifice is much narrower, but of greater extent from the roof to the floor of the nostril. It is indeed so narrow, that the least swelling here obstructs the air in breathing, as in the case of colds. The innermost part of the nostrils is united into one channel, which opens into the back part of the mouth, immediately over the opening of the larynx. It is more narrow and oblique, and much shorter than the two former portions above described.

The middle and the innermost parts of the nostrils open into several hollows or cells in the adjacent bones of the face and forehead, and communicate freely with them. In each cheek-bone, for example, is a hollow of this kind, called the cells of the cheeks, or the caves of Highmore, from the person who first described them. These cells are situated in the part of the cheek-bones which bulge out at some distance below the inner corner of the eyes, extending nearly to the upper jaw. Behind what is commonly called the root of the nose, and between the inner corner of the eyes, are four or more cells, somewhat like a honey-comb, which open into the upper part of the nostrils, by many small tubes, placed one above another in a transverse position. Two other similar cells are formed in the bone which constitutes the eye-brows, and communicate with the nostrils by openings in the bones. There is also a cell of the same kind immediately over the roof of the mouth, and others more inward in the bones of the skull.

All these cells open into the inner part of the nose; the lower and more outward channels of the nostrils having no communication, except with the eyes, in receiving the tears through a pipe on each side drilled in the bone. The surface of

the nasal passages, and of course the space over which the sound of the voice travels, is much increased also by the spiral turns or folds of several shell-like bones, hollow and spungy within, convex without, and every where covered by a membrane similar to that in other parts of the nostrils. In hounds, and other acute smelling animals, these are more numerous than in man, and are beautifully formed into spirals.

The nasal passages are separated from the mouth by a thick, fleshy, and glandular skin or membrane, which is partly stretched, and partly hangs down at the back part of the mouth. To this curtain is hung a little weight, which may be seen on opening the mouth pretty widely. It seems to be designed to guard the fauces, and make the curtain hang steady.

The whole of the nasal passages, with their cells and communicating hollows, are lined with a delicate skin or membrane—called the Schneiderian membrane, from Schneider, a German, who was the first to describe it accurately. It is a pulpy, soft substance, full of pores and small vessels, with which the nerves of smell are minutely interwoven. It adheres everywhere firmly to the bone, not being covered so thickly with skin as the mouth and other parts; and the blood-vessels being usually full of blood, and much exposed, it is very liable to be affected with cold, and to become swelled and inflamed.

M. Magendie is of opinion, that whenever the sound of the voice traverses those nasal passages, the tone will be disagreeable, or, as it is commonly called, nasal: and accordingly he says, that persons who think that the nasal cavities can augment the intensity of vocal sound, by resounding through them, deceive themselves, as this cavity can only produce the reverse effect; for whenever, from any cause, the sound is introduced into them, the voice becomes dull and nasal. Blumenbach seems to be of the same opinion; but even at the hazard of opposing such high authorities, we beg to give our reasons for being of a contrary opinion. A simple experiment, we think, will settle the difference. If you attempt to speak while you stop your nostrils, the sound of the voice will have more of the character of what is called nasal, than if the nostrils were free; which proves, we think, beyond a doubt, that a portion of the sound of the voice usually traverses the nasal passages, and passes out at the nostrils. The clearer, therefore, these passages are, the more distinct and free will be the sound of the voice. When they are obstructed or closed by a cold, therefore, or from the bad habit of taking snuff, the clear tones of the voice are always impaired and deteriorated, as we shall see at greater length as we proceed.

INSTRUMENTS FOR IMPROVING THE SHAPE AND CARRIAGE.

We take the following extracts from some useful remarks on a very interesting and important subject, in the popular work entitled, the "Art of Beauty."

The London Collar.

This instrument of torture, is, we are sorry to say, in much repute in London, and is, to our astonishment, recommended by some men who ought to know science better. The surgeon, indeed, who recommends such instruments, evidently wants to get rid of his patients by turning them over to instrument makers, who ignorantly attempt to press in, by iron plates, "the projecting shoulder and hip that is out," and tell the credulous mother, that it should not be considered as a machine, but as a pair of stays, in which ladies may go to court. It is, in my opinion, one of the best adapted instruments for distorting the shoulders or spine, as well as for rendering incurable such as have become so. The pain and inconvenience of wearing it is also great; and in growing girls, it is soon quite unfitted to their size.

Another of the varieties of collars is the

Hinkley Collar.

This fashionable variety of collar is intended to prevent twists and distortions of the spine, or to cure them when they have taken place, and consists of a crescent of iron, which goes round the small of the back, and rests upon the loins, by means of cushions, or broad pads, with smaller ones to prevent them from slipping down from the bones. Other cushions are placed behind, and pointing downwards, so that the whole of the loins and lower part of the back is cased with pads, and this must, by necessity, press upon the parts, to the great injury of the muscles, which, as we have seen, are always wasted and weakened by any sort of pressure. Instances are not rare of bad excoriations, and even ulcers from the same cause.

This, however, bad as it may seem, is not the worst part of the instrument. Supported on the crescent, an iron rod, which is sometimes made to possess rotation, rises up along the back, terminates in a transverse plate, also of iron. This rests on the shoulder blades, and receives the notch of an iron rod, which bends over the head, and is furnished with an iron frame and straps, to go under the chin, and round the back part of the head. A screw, which is adapted to the top of this frame, serves to extend the body of the victim to whom this torturing

instrument of deformity is applied. Some of these machines are of the weight of from seven to ten pounds, which must aggravate the uneasiness and inconvenience of the wearers.

This collar is usually worn during the day; but, by those who are anxious to carry the absurdity to its greatest height, its use is continued both day and night. The sufferings, however, which it occasions are often intolerable, and the iron frame of the head has to be unstrapped. The ulcerations of the chin and other parts, which it produces, are the least of the evil; for the unnatural and painful extension of the back, kept up by the screw and the iron rod, overstretches and destroys the power and tone of the muscles, and whenever the machine is unstrapped, the body invariably sinks down into more helpless and pitiable deformity, than previous to its mischievous application. In fact, those unfortunate girls who have worn such collars for any length of time, can never afterwards do without their support, and must submit for life to all the pain and inconvenience of the ulcers produced by the iron fretting their loins and chin; yet do we find medical men advocating this hurtful contrivance. When speaking of this injurious instrument, we must not omit to mention, as one of its destructive accompaniments, the

Neck Swing.

When there is a twist or distortion of the spine, this apparatus is employed to rack out the body to its utmost extent, before the collar is fixed. For this purpose only, the iron head frame of the collar is fixed in its place by straps. A pulley and tackle, similar but smaller than what is used for removing bales of merchandize, is fixed to the centre of the ceiling, with the rope passing to the side wall, where it is hooked into the head frame, and the unfortunate victim is swung up by the wall, either altogether, or having the tip of the toes only resting on the floor. The victim of torture is kept in this hanging position so long as the executioner deems it requisite, with the exception of sometimes being lowered, as a matter of grace, to take breath. As soon as the back is supposed to have been sufficiently extended, the iron rod is fixed to the head frame, to remain till the next period of swinging. The iron rod retains the trunk of the body almost immovable, and the whole of its weight is borne by the bands, which necessarily press hard against the chin and cheeks.

Were this not so notoriously common in families and schools, it might be thought that we were describing the torturing apparatus of the Inquisition, rather than a method invented, we doubt not, with good intentions, but, evidently, with lamentable ignorance—for the improvement of the female figure, and as a

remedy for deformities. So very ignorant, indeed, the inventor has been, that the force of the apparatus does not fall upon the back where the twist has taken place, but upon the neck; and by pulling asunder and stretching the joints of the neck, it very usually produces wry neck, or causes the head to fall on one side*: a just punishment, we think, for all who tamper with such instruments.

“If it be intended,” says Bampffield, “to extend the lower half of the spinal column, swinging by the hands, with *weights appended to the feet!* will more particularly act upon it, whilst it will not produce the same effect upon the upper half of the spinal column. If it be the intention to stretch the upper half of the spine, swinging by the head will more particularly effect it.” We may fairly ask, whether this be trimming to public opinion, or sheer ignorance of science? The author half confesses to the first charge, and braves it out, page 142 of his book.

Crutches.

The crutches which are employed as supports to a weakened spine are, usually, fixed to stays or corsets, resting upon the loins, and are concealed within the usual dress, or by wearing a shawl, a cloak, or a great coat over them. Sometimes only one crutch is used to prop the body on the side to which it bends; but it is more usual to have two to support the whole body. If used with great caution, they may, in some cases, undoubtedly, be useful; but if too much trusted to, they will enfeeble the muscles of support, and increase the evil which they are intended to remedy.

Apparatus proposed by Mr. Lloyd †.

The crutch recommended by Mr. Lloyd is, while the patient is sitting, attached to each side of a small chair, and is so constructed as to press in the most gentle manner against the ribs under the arm-pit, with the arms hanging over it. The crutches should be contrived so that they may be raised or depressed at pleasure, and when necessary, though this seldom happens, one arm may be raised higher than the other. The heads of the crutches ought to be made to turn round. In walking, similar crutches are fixed to two pads, one above each loin, fixed by a soft leather strap before, and a slight spring behind. They should be made so as to be easily lengthened or shortened. They are so light as to be worn with comfort, rather than with

* See Dods on the Spine, page 182.

† See an excellent Treatise on Scrofula, by Mr. Lloyd, one of the Surgeons to St. Bartholomew's Hospital.

inconvenience, the whole weight of the apparatus for a child twelve years old, being only a few ounces.

PHILOSOPHY OF VISION.—No. 8.

From these facts we infer, that the paint given out by the middle coat of the eye, is intended to modify the intensity of light. White and pale colours reflect light, while black and deep colours suffocate or absorb it; hence animals which prey in the night have this paint of paler colour than man who sees worse in the dark than any other perfect animal. It is from this circumstance that the eyes of cats are observed to gleam in the dark; for they concentrate all the light which falls upon them, and the white paint reflects it back on the objects near them. Their eyes become thus a weak substitute for a torch, to light them to their prey.

In the well-known peculiar variety of men who are called Albinos, and who have the hair and skin perfectly white, as well as in ferrets, white rabbits, and pigeons, the paint is altogether wanting, and the eyes appear red. No animal who has this peculiarity, can see perfectly in bright sunshine, or strong light, from want of the modifying paint.

In that diseased state of the eye in which the blood-vessels of this coat swell out, they remove the paint which covered them, and as often as the image of external objects falls opposite to those vessels the objects appear to be tinged with blood.

M. Mery's Experiment on a Cat.

In order to see the blood-vessels of this middle coat, and the beautiful ones also of the next coat in a living animal, M. Mery plunged a cat into a tub of water, by which means the eye was rendered more transparent, and the circulation of the blood could be distinctly perceived. We can even perceive the circulation of the blood in our own eye by an experiment which we shall state hereafter.

The Retina of the Eye.

The innermost coat of the eye is well known by the name of the retina, or nervous net work, being an expansion of the nerve of the eye, which covers the whole of the back part of the eye within the middle coat. The netted appearance, however, is not of the nervous substance itself, in which no fibres or threads can be detected, but of the blood-vessels, which are interwoven with the nerve, and give a slight pink tinge to the whole. The blood-vessels are numerous, and very minutely

divided. It is their netted appearance which is seen in the following experiment :—

When we shut our eyes, and press slightly on the eye-lids for a short time, we begin to see, not a uniform darkness, but a number of luminous points. By degrees, these are perceived to unite into lines variously crossing, and becoming more luminous. When the pressure of the finger is continued longer, the luminous lines appear to radiate from a central circle, about the size of a sixpence, which is also variously netted, but darker than the rest of the field of vision, if such it may be correctly called. This circle, however, is not always observable. By straining the eye, as if in the act of attentive vision, these luminous lines are seen tremulous and fluttering, much like the tremulous air on a slated-roof in a hot sunny day.

ON CLOTHING.

It is evident that clothing ought to be accommodated to different ages, habits of life, climate, season, and state of health ; and it is proposed to consider this important subject in those different points of view. As nature has provided all other animals with various defences of hair, wool, feathers, or scales, by which they may resist the noxious impressions of different elements ; so instinct has dictated to man, even in his savage state, the necessity of covering, in proportion to the inclemency of countries and seasons. Particular kinds of clothing are more or less warm according to their qualities, as being more or less conductors of electricity or according to their colours ; as disposed to refract and absorb, or reflect and throw off, the rays of light.

In civilized societies, the improvement of arts, the facility with which men are supplied with the conveniences and luxuries of life, and the gratification which these afford, have disposed mankind to be perhaps too solicitous about guarding against the inclemency of seasons ; and hence it is that our bodies being rendered more tender and delicate, and our feelings more acute, we find that in proportion to the increase of luxury, we become less hardy ; as being more obnoxious to the influence and impression of manifold causes of disease. As a physician cannot, any more than a legislator, always effect a proper change in the national manners and morals ; so it is incumbent on both to establish such regulations as the habits of the people will admit of. It is very much to be regretted, that luxury has in some degree extended its influence to all ranks of the community ; by which the bodies of the most useful members of it, the middling and lower ranks, are more enervated than those of their ancestors.

Clothes according to Age.

With respect to the different periods of life:—children should, from their birth, be habituated to light clothing, not only by day, but in bed; for nothing contributes more to form the constitution: infants and children are less apt to have their perspiration checked, than persons who are more advanced in life; and therefore less apt to catch cold. From the stage of childhood to the 35th year, the strength of the vital powers, and a brisk circulation, tend very much to keep up an equal perspiration; but after that period, the force of the circulation being lessened, the clothing by day, and the covering by night, should be gradually increased; for many of the diseases of advanced life are produced, or exasperated, by obstructed perspiration.

Clothes according to Season and Habit.

Climate, and season of the year, ought certainly to have clothing suited to them; but in our unsteady climate it is very difficult to accommodate them to the sudden changes. Upon the whole, however, after the age of 35, it may be better to exceed, rather than be deficient, in clothing. Habit or custom always merits great attention. If persons have been accustomed to warm clothing, there will always be hazard in sudden changes of any kind. Those who clothe, and sleep warmly, ought not to indulge in hot close rooms during the day, or have fires in their bed chambers. Those who have resided long in hot climates, when they come into this country, should rather exceed in their clothing.

Clothes according to the State of Health.

With respect to the state of health: to persons of hale constitutions, and in high health, very warm clothing in the day, or covering at night, would be very improper; because their vital powers being strong, and the circulation vigorous, the warmth and steady perspiration on the surface and extremities resist the impressions of cold or moisture, unless they are very violent.

Such persons, however, relying too much on the strength of their constitutions, often expose themselves imprudently; and as the violence of their disease is in general in proportion to the vigour of their vital powers; so they are frequently rapid in their progress and fatal in their termination. The grand rule is, so to regulate our clothing and covering, that, when we expose ourselves to the external air, the difference of the temperature of the air in both situations shall be such, that we shall not be susceptible of dangerous impressions under any inclemency of season when we go abroad.

Persons in firm health, ought, therefore, so to regulate the

temperature within doors, as that it shall not exceed fifty-six degrees of the thermometer in the Winter, Spring, and Autumn; and in the Summer, bring it as near to that as possible, by the admission of fresh air.

Clothing for Invalids.

Were it happily in our option to attain all the requisites for forming a firm constitution, no man of common sense would spare any pains to acquire them; but this is not always in our power. A weakness of constitution is often hereditary; or it may result from diseases, either unavoidable, or the effects of negligence or inattention. Under such circumstances, we must be content to accommodate ourselves to our situation, and prudently avoid all such extremes as may impair health.

Persons of delicate and irritable constitutions, whose powers are weak, and circulation languid and unsteady, are very apt to have the perspiration checked by very slight causes: this also happens to invalids, whose complaints are thereby much exasperated. Until the constitution, therefore, has been strengthened, and as it were hardened, by being gradually habituated to air and exercise, they ought rather to exceed than be deficient in the quantity of clothing.

With respect to clothing, such addition ought to be made to it, in cold and damp weather, as to protect the body against the sudden and severe impressions of either. That great philosopher and good man Mr. Boyle, had cloaks accommodated to different seasons and changes of weather; and invalids ought rather to exceed than be deficient in the warmth of their clothing, those especially who are subject to coughs, those whose nerves are weak and irritable, and those who are gouty and rheumatic.

Such persons ought in the beginning of September to wear a flannel waistcoat over the shirt or shift, and provided their skin is not irritated or liable to eruption towards the end of October, the flannel may be worn next the body; taking care to defend the lower limbs by flannel drawers, and woollen stockings.

Such persons as wear flannel next the body are apprehensive of changing this part of their clothing, lest they catch cold, and therefore continue to wear the same garment through the Winter; and as the warm weather comes on, cut it away by degrees. But this precaution is not only unnecessary, but to persons of delicacy must be offensive, and indeed injurious; as thereby a part of the perspirable matter, accumulated for months, is retained in constant contact with the surface of the body. We can, however, aver, from long personal experience, that the under waistcoat may be safely changed once or twice a week; and as the weather becomes more mild, it may be worn over the linen, and at length totally left off till the subsequent Autumn.

GOURMANDERIE FOR MARCH.

“Beware the Ides of March!”

While the weak and the sickly, and those who give themselves up to luxurious and effeminate habits, shrink from and shiver at the very sound of a March wind—the more robust and healthy feel renovated and invigorated by it, and delight in exposing themselves to the blast. Every nerve seems braced—the spirits are buoyant, and the whole man feels, indeed, as if it were Spring—and the reanimating effects of this delightful portion of the year is apparent in every movement. Not so the invalid and valetudinarian—to them the cold, searching and keen blasts of this month is death;—to them we would say in the warning words of the old Roman seer, “Beware the Ides of March!”—beware of exposure to the biting and bleak winds that would inevitably chill and destroy the vital spark. The consumptive, the asthmatic, and the delicate, should sedulously avoid exposure during this month of trial. Not that we mean to debar them of all exercise or air; both are highly necessary, but must be indulged in at times when the weather is temperate; and when they do venture abroad, let them be well wrapped up; nor trust to the inviting appearance of the morning sun, that may be overclouded e’er noon. Let them not, if they value their health, trust themselves out at night; but let the “curfew” warn them home.

To the robust, the healthy, and the vigorous, those who have acquired and retained, by our scientific instructions in the art of good living, health, strength, and good appetites; and who can, by our recommendations, indulge daily, without fear, in the only true and lasting enjoyment of this life—the pleasures of the table—we have little to say; but to those who may be strong and healthy, and yet unacquainted with our science, we would take leave to caution, and beg them to remember, that however the keen air of this month may improve and whet their appetites, after a due proportion of exercise, yet must they, as Shakspeare says, “use all gently;” for a too great indulgence in the pleasures of the table can and will be productive of evils, and most serious evils too. We, therefore, caution all such who may not have benefitted by our labours, to *beware*; even upon the vigil of the feast of the famed St. David, do we warn them—whose revels commence the gourmanderie and enjoyment of the month—that the true luxury of the table consists not in gluttony, but in delicate selection and moderation: it is, if we may be allowed a quotation from Cicero, “liquida volup-

tas et libera;" which we would translate "pure pleasure unalloyed with pain."

The viands of this month, of all kinds, are nearly similar to those of the last, with the exception of game, which entirely disappears. We have, therefore, little to say upon that particular; and shall, in consequence, give a word or two of advice to those who may have the fortune to be invited to enjoy the comforts of a good dinner. In the first instance, never be too late—punctuality is a species of constancy, Sheridan said—and you know not what ill effects may arise in the minds of the ladies, even from so *trifling* a circumstance, as some persons consider keeping a dozen waiting for half an hour after a good dinner is well cooked, for one individual. It proves, in the first place, a want of respect for your host; and in the second, a total ignorance in the science of eating and drinking; and, of course, the persons assembled, however they might wish to have at any time extended their cards of invitation to such a one, would always keep in mind the disappointment they suffered, and the dinner spoiled.

The most amiable people are ill tempered when hungry, and our faults are frequently remembered and enumerated too, by way of employment, while we are keeping them waiting. It is true that some persons, who are possessed of brilliant and useful talents, think they may occasionally presume in consequence, and ignorantly set good-breeding at defiance; but they may be assured, that however they may be suffered for their peculiar talent, they cannot be esteemed.

Boileau, the French satirist, has a shrewd observation on this subject. "I have always been punctual at the hour of dinner," says the Bard, "for I know that all those I kept waiting at that provoking interval, would employ those unpleasant moments to sum up all my faults." Boileau is, indeed, a man of genius—a very honest man—but that dilatory and procrastinating way he has got into would mar the virtues of an angel.

We, therefore, would impress upon the minds of all those who receive and accept an invitation, TO BE PUNCTUAL.

MUSTARD SEED AND THE DOCTORS, BEING A LETTER FROM A DYSPEPTIC TO THE EDITORS.

SIRS,—“Is there no balm in Gilcad?—Is there no physician there?” asked the prophet of old: and in like manner I ask you—is there no balm in London—no remedy for a troubled stomach? That there are physicians, I know to my cost—Colleges of Physicians—a physician in every street; but, alas! what boots it that they abound thus, when every one of them prescribes a

different *remedy* for the self-same malady! In the multitude of counsellors there is wisdom, said Solomon the son of David; but in the multitude of *physicians* there is none, said Solomon the *Doctor* of Gilead-house, who compounded a balm for every malady, of *cogniac* and *cantharides*. And truly I am pretty much of the *Doctor's* opinion as to the physicians; for unless contradiction be wisdom, there is right little of that article among them collectively; and *domine dirige nos*, should be the prayer of the sick who seek it among them individually. From my youth up, until now that I am forty years old—or, by 'r lady, inclining to two score and ten, I have been mightily puzzled among them; for—day by day—dinner by dinner—supper by supper, mastication has produced me misery—ah! miserable me!—For these twenty years past, the wing of a chicken, or two ounces of the mildest mutton, however meritoriously masticated, has reduced me to the situation of the *boa constrictor*, with a Bengal tiger in his paunch, and the tail hanging out of his mouth—barring the *tail* in my case; but in every thing else—the torpor, the utter helplessness—I resemble him exactly; and though every nosologist knows exactly what will cure me, and though I have swallowed nostrums innumerable, prescribed by innumerable nosologists, yet none of *them* agree in any one particular (except the cost), and none of them do me any good. When I was a lad, indigestion, flatulency, hypochondria, were the names given to this anti-gastronomic malady. Indigestion produceth flatulency, said the Doctors—flatulency produceth hypochondria:—

“Hypochondriacus leans on his arm,
 “The wind in his side doth him much harm;
 “Pots and bottles about him lie,
 “Newly brought from his apothecary,”

quoad Burton, the anatomizer of melancholy, as though the rogue had seen me surrounded by *remedies*—knee-deep in *nostrums*—propped with *prescriptions*—and flabbergasted with *flummery*. The Doctors and renowned Mist'ers of the present day—“the age of intellect,”—of this age, in which they cut up human carcasses by the dozen daily—digging into dead men, women, and children, and turning them inside out, in order to find out all about every thing; have determined to call my disease *dyspepsia*; but, like their learned predecessors, they are all abroad as to its remedy. Eat nothing but solid food—cold boiled beef for instance, and take mineral tonics, quoth Dr. A. Avoid solid food, eschew mineral tonics, and let your diet be entirely vegetable, quoth Dr. B. Abstain from malt liquor, wine, spirits, and tobacco, and eat nothing but what agrees with

you, quoth Dr. C. Tobacco, my dear Sir, is a sedative, admirably calculated to allay stomachic irritability, and good sound ale is easy of digestion, quoth Dr. D. The devil it is! quoth Dr. E. Use plenty of exercise, quoth Dr. F. You want repose, quoth Dr. G.;—and so on to the end of the alphabet;—for now, as of yore,—

“The Galenist and Paracelsian,
 “Condemn the way each other deals in;
 “And ’natomists dissect and mangle,
 “To cut themselves out work to wrangle.”

But—praised be the spirit of inquiry among the *unlearned* of the present day! I have latterly heard of a remedy with which the Doctors have nothing to do—a remedy discovered by a simple “country gentleman of Lincolnshire,” and said to be a *never-failing* remedy for every thing, from a gout to a whitlow, to wit, *White Mustard Seed*! so says the gentleman of Lincolnshire; and in confirmation thereof, every body is taking white mustard seed: you shall hardly meet a man now-a-days, if the weather be at all fine, so that he can safely unbutton his coat, but his finger and thumb is continually passing and repassing, between his waistcoat pocket and his mouth, with relays of white mustard seed, to root out the dyspepsia, and all the other vile abominations with which we two-legged concerns are pestered—nothing in the world but simple white mustard seed! The seedsmen are literally making their fortunes by it—pounds and pints, half pounds, quarters, and two pennyworths, are called for daily, hourly, and minutely, in all quarters of the town, from Hyde Park corner *vest*, to *White-chapple* east; and this reminds me that it is time to inform you why I have troubled you with this very elegant epistle. I would know of you, who knows every thing (if you be a *genu-ine* Oracle), whether there is any truth in this same seed of mustard?—or whether it is not a mere harmless *bagatelle*, like kettle custard? My wife says, she fears it may have a tendency to *sallad-ize* my system—and it would be an awkward thing, Mr. Editor, to walk about with a head like a Covent-garden twopenny basket of green-sallading—it would be, as the learned author of the *Every-day book* would say, “a remarkable object for a contemplative eye;” but if you will let me know that it will not produce any such queer effect, and that you think it is a *real* remedy, then I will say with *Bully Bottom*—“good Monsieur Mustard-seed, give me thy nief!”—I am, Messrs. Editors,

Your uncomfortable and most obedient,

A DESPERATE DYSPEPTIC.

. For our opinion of the effects of mustard seed, we refer our facetious correspondent to our last Number.

RULES FOR PRESERVING HEALTH IN THE DECLINE OF LIFE.

BY DR. G. CHEYNE.

As there are few individuals who have not sufficient reason to conclude, that at about the age of forty-five, or fifty, they have passed the meridian of life, and are stepping down hill; the whole space of time (be it more or less) which is allotted to them between this season of life and the hour of death, will, by a reasonable thinking man, be called old age. It is, as it were, the twilight of life, or a second childhood, with this essential difference, however, from the first infancy, that in this the faculties and their material organs are uncultivated, unextended, and want their perfection; whereas in this second, the faculties and the senses likewise may, by a wise and prudent economy, be supported to the very last stage of life, in vigour proportionate to their earlier cultivation and improvement; and hence it is, that I call old age the twilight or evening of life; and to carry on the metaphor, I further observe, that if the earlier years have been spent in health and innocence, this evening, like that of a Summer's day, will be calm and serene, nay sweeter and more delightful than the preceding day.

Life shortened by Luxury.

Were our views to be carried no further than the narrow circle of seventy or eighty years, this calmness, this serenity, so much to be wished for, would surely invite every thinking man, who had his own happiness in view, to step forward in that path of life, which nature itself has evidently pointed out to him; and if we carry our ideas beyond this narrow circle, and contemplate a future existence, is it not madness to deviate from a path which leads to a happy eternity?

The irksome experience which I have had of multitudes of thoughtless unhappy individuals, who by their folly and luxury have weakened the primary powers of nature in their own constitutions, who without any severe chronical distempers or accidents, have, as it were, wilfully made themselves wretched, is a sufficient call to me to point out to my fellow-creatures the best rules which I am capable of laying down, for obtaining and preserving health in the decline of life; a lively rational head under silver hairs, and a vigorous active heart to animate even a feeble decaying trunk.

Now one of the most effectual methods which a wise man can pursue, in order to obtain the blessing of what I call a green old age, is to begin at least at the age of fifty, to lessen his daily sustenance of meat and drink, both in quantity and quality, but especially in the first. I have in my essay on regi-

men demonstrated, that about this time the great crisis or climacteric of life generally happens in both sexes. Then it is, that the blood and the juices of the most healthy and strong begin to cool, to thicken, to become vapid, and to be obstructed in the capillaries and lymphatics; many of which vessels, by such obstructions, coalesce and become cartilaginous, the perspiration is lessened, all the several secretions are rendered less perfect, all the solids grow stiff and hard, and lose their elasticity, and the circulation is gradually reduced into a narrower compass, approaching still nearer and nearer to the trunks of the blood-vessels, or their first branches.

At this time it is, that an observant wise man will discover that his vigour is past meridian, and begins to decline; and this discovery will dictate to him a necessity of taking such measures, as may render the progress of old age as slow as his nature will admit of; and such as may contribute to the continuance of his ease and happiness, and the preservation of his senses and his faculties, in all the perfection that can reasonably be hoped for.

The Advantages of moderate Abstinence.

Now I am persuaded this desirable end cannot, by human means, be attained without a gradual diminution of his meat and drink, and this both in quantity and quality, especially in the first; and this is a rule which must be practised by the man who is turned of fifty, and is desirous of living to seventy or eighty. It must be strictly and uniformly pursued, and he must resolve to be deaf to the calls of craving appetites, which, at this time in life, are usually so depraved by prejudice, example, and excess, that their judgment is false, and their dictates destructive, when they point out the quality, or direct the quantity of his food.

It is now about sixteen years since, for the last time, I entered upon a milk and vegetable diet. At the beginning of this period, this light food I took as my appetite directed, without any measure, and found myself easy under it: after some time I found it became necessary to lessen the quantity, and I have latterly reduced it to one half at most, of what I at first seemed to bear; and if it shall please God to spare me a few years longer, in order to preserve, in that case, that freedom and clearness which by his blessing I now enjoy, I shall probably find myself obliged to deny myself one half of my present daily sustenance, which precisely is three Winchester pints of new cow's milk, and six ounces of biscuit made of fine flour without salt or yeast, and baked in a quick oven.

If proper, light, and wholesome food, such as is easily digest-

ed, be taken in the smallest quantities that can prevent the anxiety of hunger, the kindly chyle from thence drawn will keep the whole mass of blood cool, thin, and sweet, longer and better than any other method of diet, which, in my judgment, art can suggest. Now, in order to render this regimen easy and familiar to the patient, he should enter upon it at the age of fifty, at least before he is sixty, that the change from higher feeding may not be attended with fainting, or too great lowness. I have at this time a patient upwards of eighty, in perfect health and serenity, who yet has ever been of a delicate and tender constitution, whose present easy and happy state seems to be the consequence of drawing seven or eight ounces of blood about once in two or three months; and, in fact, I have found, that frequent moderate phlebotomies (for instance once every quarter of a year, or at least in the Spring and at Autumn) when they can be borne without faintings or subsequent lowness of spirits, will greatly contribute to the preservation of life, and afford a reasonable prospect of a green and serene old age.

ADVICE TO YOUNG PERSONS ENTERING INTO BUSINESS.
BY A TRADESMAN.

Trade in all its branches is precarious, and its advantages are uncertain. The principles of mankind are, in general, so corrupt, that almost every species of iniquity is rendered familiar by custom, and practised too often with impunity. Hence many of the bankruptcies, together with a thousand fraudulent expedients by which the unsuspecting creditor is despoiled of his property. Hence the luxury, the dissipation, and the profusion which disgrace the man of business; hence also, much of that penury and distress, which from every quarter calls for the kind interposition of the generous and humane—calamities which, when unavoidable, it is a duty to commiserate; but which, if known to be the result of indolence, of prodigality, or of pride, are too apt to check the risings of compassion, even when the hand of charity is extended to relieve.

Cause of Bankruptcy.

Nine out of ten bankruptcies originate either in that extravagance so frequently seen in common life; in the want of diligence in business, or in a practice still more dishonest, that of secreting such effects as are charged to a loss in trade. The truth of the former accusations are too obvious to be disputed; and the latter, if not so common, is nevertheless supported by the most positive proof.

Expensive Mode of Living.

It is not uncommon to see persons who have just entered

into business, furnishing their tables with the superfluities and the delicacies of life; frequenting places of public entertainment and diversion; pursuing the most trifling amusements with avidity, and sparing no expence to gratify the love of sensual pleasures. Nor is it unfrequent to see a man, who the other day was a bankrupt, carrying on a very extensive trade, moving in a sphere of life to which he had never been accustomed, and perhaps soon after riding in his chariot. How this can be done by him, who has unreservedly delivered up the whole of his effects to a set of injured creditors, is a mystery I have yet to learn, but with which I have no desire to be acquainted.

Expensive Houses.

In carrying on your business, therefore, be content with a house and such accommodations as are suited to the capital you possess, and the returns you have reason to expect. It is too frequent a custom with young persons, possessed of a few hundred pounds, to occupy a house, the rent, taxes, and other expenses of which require the profits of as many thousands in a way of trade. The only plausible excuse that can be urged for occupying a large house is that of procuring and preserving trade; and indeed it is possible that the intention of some persons may be attracted by the magnificence of a building, but it is one thing to attract attention, and another to attract custom; for when men find that they are likely to pay dear for their love of elegance, they will very readily relinquish the splendour of a shop, and purchase the same commodity where it may be had much cheaper, though it may happen to be one of less figure. Now, though men of long standing in business, may support a degree of magnificence with propriety, yet a young beginner with a small capital cannot without the most extraordinary success, or taking undue advantage of the ignorant and unwary, which would soon be discovered, and might ultimately prevent that success he anticipated.

Elegant Furniture.

The evil unfortunately of a large house is not confined to that expence, for what is a house without furniture to correspond? thus, without anticipating evil, the young tradesman is hurried into a labyrinth of expences before he has commenced the business from which all his payments are to be made. To maintain his dignity and grandeur his entertainments are splendid, and if the want of business be likely to disappoint his ambitious schemes, unfair methods are taken, prejudicial to the honest industrious trader, in order to support his credit, his luxury, and his pride.

If you would, therefore, avoid these fatal disasters, be content with such a house and accommodations as your business may require. Let not your expences exceed your income, but rather strive to have them considerably less. By such a conduct you will always retain something in hand to bear the losses incident to trade, without being materially hurt. But on the other hand, a drawback of that nature may prove fatal to your interest, unless prevented by some extraordinary occurrence.

Of making two Prices.

Calculate the profit your goods will fairly stand, and put such price upon them as you can live by; of course I suppose that you have bought them well, for buying well is a greater secret, and requires much greater penetration than selling. After having fixed upon your price do not deviate from it unless the goods be damaged, or what too frequently occurs that you know your customers will not buy from you unless they get it at a price under what you ask, having an idea that it is a proof of their own sagacity and excellent method of going to market—forgetting that when their character becomes known the tradesman is compelled to ask more than he would otherwise do to allow him to abate his price, as he knows he will be required to do. Where this happens there is no remedy; but by a steady perseverance in asking one price you will establish your character and prevent unnecessary alteration, and in the long run gain more custom than by a more equivocal mode of acting.

TO CURE HAMS, BACON, TONGUES, &c.

If the weather will permit, let a ham hang up two or three days before it is salted. Beat it well with a rolling-pin or thick stick. Take a good quantity of common salt, half a pound of coarse sugar, and a quarter of a pound of saltpetre; mix them together, and set them before the fire to warm; then rub the ham thoroughly; put it into a pan proper for the purpose, and lay the remainder of the salt upon it; let it lie two days; then rub it well with the brine, and baste it several times in the day; repeat this every day for a month, if the ham is large; if a small one, three weeks; then take it out of the brine, drain it; wash off the salt with cold water; dry it with a cloth; rub some black pepper over the inside, and put some in at the knuckle; hang it in a chimney, or send it to the baker's to dry; when it is quite hard, put it into a chest with a good quantity of dry saw-dust, malt-dust, or bran; let it remain till the day before it is to be dressed; then put it into cold water to soak. Bacon and pig's face may be done in the sameway. This is the best method of keeping hams, &c. from getting rusty. They may be smoked or not, as agreeable.

It is better to put a sufficient quantity of salt upon hams, &c., at first, than to add more afterwards, which would make them eat disagreeably salt and hard. It is proper to boil the brine, when a ham has been in salt a week or ten days ; skim it well ; let it be cold, and, pour it on again. In damp weather this is very necessary, but in frosty weather it will do without. Do bacon in the same manner. When any kind of meat has been salted, the brine may be boiled and skimmed till it as clear as water ; when cold, bottle it, and set it by for use. It will be good in many articles for which salt is used.

To Pickle a Ham.

Salt it as above ; let it remain a week ; then boil a pint of vinegar, with two ounces of bay salt in it ; pour it hot upon the ham, and baste it well every day ; let it remain in salt as above ; this is a sufficient quantity for a large ham.

DR. MATTHEW BAILLIE ON COMPLAINTS OF THE HEAD.

The late Dr. Baillie left behind him some posthumous papers which he requested might be printed but not published, as he thought them hardly of sufficient importance for that purpose. We have one of the copies, however, in our possession ; and as the experience of such a man must have great weight, we purpose giving, from time to time the result of his observation in many of the most general disorders.

Headaches.

Many persons of both sexes are affected daily with headaches of more or less severity, for many months, and often for some years. They chiefly prevail towards the middle time of life, but occur often at an earlier period. They may take place in any part of the head, but are more commonly felt in the forehead, or over one eye, or in the back part of the head. Such headaches I have found in general, to be very little benefited by bleeding, either general or topical. In the accounts which patients have given me of the effect of this remedy, they have said that they have either received from it no benefit at all, or that it has lasted but a few hours ; or that the headaches have even been worse after cupping or the application of leeches. I have generally found such headaches to be most benefited by temperate living, great attention to avoid improper diet, purgative medicines and bitters. The best common medicine is rhubarb and soap, in such doses as to give two motions daily. A few grains of calomel, with an aperient draught, such as an infusion of senna with a drachm or two of Epsom salts given occasionally, as for

instance, once in a fortnight or three weeks, are sometimes of much use. A due degree of exercise taken daily, both on foot and on horseback, is likewise in some cases very serviceable. Some headaches I have known relieved by nervous medicines, but not frequently. In some cases this complaint is relieved by no plan of medicine or management whatever, but will gradually, after some months or years, subside. The seat of such headaches is, I believe, in the scalp, and not in the inside of the cranium. They depend chiefly for their cause upon the state of the stomach and bowels, or upon an irritable state of some of the nerves of the scalp. In most headaches of severity, it is right to make one or two trials of the effect of topical bleeding, but not to persevere in the repetition of this measure for many months, as is often done, even though it produce no benefit.

The cutting of the hair of the scalp very short, and the application of cold, by a large sponge wrung out of cold water and applied to the upper part of the head, will often give great temporary relief when the skin has been previously hot.

Apoplexy.

This disease, in its most severe form, depends commonly upon blood being poured out into the substance of the brain from some ruptured blood-vessel. This generally takes place in the medullary substance, near one of the lateral ventricles, but it may occur in any part of the brain. The milder forms of apoplexy depends upon a distention of some of the vessels of the brain, from an undue accumulation of blood in them. I have known, however, one instance of fatal apoplexy where many of the blood-vessels were found, upon examination after death, to be much distended with blood, but no blood had been extravasated in any part of the brain.

The chief remedy in apoplexy is large bleeding, to be repeated according to circumstances. Topical bleeding, by cupping and leeches is likewise often of use. The next remedies in importance are purgative medicines of considerable power, and acried glysters. The head should be kept high or elevated, and cold may be applied with advantage to the top of the head. If the patient should recover by these means, the best plan of management, in order to escape from another attack, is to live almost entirely throughout future life upon vegetable food, and to abstain from wine, spirits, and malt liquor. It will be of considerable advantage to avoid any strong or long-continued exertion of the mind. In a few instances, when the full state of the vessels of the brain had for some time subsided, I have derived considerable advantage from the moderate use of tonic medicines, and more especially of steel.

ON BREAD MAKING.

Nothing, at first sight, appears so easy as to grind eorn, to make a paste with the flour and water, and bake this paste in an oven. Those who are accustomed to enjoy all the advantages of the finest human inventions without reflecting on the labour it has cost to complete them, think all these operations common and trivial; though to accomplish them properly, it requires no little ingenuity and observation.

The bread principally used in this country is fermented with yeast, or the froth which rises on the surface of beer in the first stage of fermentation. When it is mixed with the dough, it produces a much more speedy fermentation than that obtained from leaven, and the bread is accordingly much lighter; though leaven is very generally used in houses far removed from towns, and produces, if well managed, excellent bread.

To make Brown Wheaten Bread.

Suppose a Winehester bushel of good wheat weighs fifty-nine pounds, let it be sent to the mill and ground entirely down; including the bran, the meal will then weigh fifty-eight pounds, for not more than a pound will be lost in grinding; it must then be mixed up with water, yeast, and salt, and the dough weighed before it is put into the oven, which will appear to be about eighty-eight pounds. Let it be divided into eighteen loaves, put into the oven, thoroughly baked, and after they are drawn out and left two hours to cool, they will weigh seventy-four pounds and a half.

The bread thus made will be found excellent, and fit for any household use; and was the broad bran to be taken out, of which there may be about five pounds in a bushel of wheat, thus manufactured, it would produce sixteen loaves and a quarter.

To make Jew Bread.

Being at a Jew's one morning when they were preparing the bread for their sabbath, and having often before admired the singularity of its appearance, I had the curiosity to wait to see the whole process. The sponge was set in the usual manner, with wheat flour, yeast, water, and salt, and when it was ready to make up into loaves, they took five pieces of equal size, and rolled them out a considerable length in the shape of a rolling pin to a tapering point. These five pieces were then platted together, beginning in the middle, and when complete laid aside. Five other pieces of similar shape were then rolled out about four times the size of the former, and platted in the same way; and I observed that the women rolled each piece with such ex-

actness and dexterity, that they all met in a point, which were united by a pinch. The first platted cake was then placed upon the large one, and over this another piece of dough about a third of an inch in diameter, and the length of the largest cake. This was run over the top from point to point, and was fastened to the middle by a coil of dough, with two thin bars laid over it in form of a cross, the whole together making a very handsome appearance. An egg was then broke and whipped up with a fork, and then spread over the cake with a painting brush, which produces that shining appearance so much admired. A few white poppy seeds were then sprinkled over it, and it was then placed in the oven and baked the usual time.

To make Potatoe Bread.

Take three pounds of potatoes, put them into a skillet with cold water, hang it a distance over the fire, so that they may not boil; then skin and mash them, and whilst warm, bruise them with a spoon or a clean hand, put them into a dish or a dripping pan before the fire, to let the moisture evaporate, stirring them frequently, that no part may grow hard; when dry, take them up and rub them as fine as possible between the hands, then add nine pounds of wheaten flour, and with a sufficient quantity of yeast and salt, knead it up as other dough; lay it a little while before the fire to prove, and then divide it into loaves and bake them in a very hot oven.

Another Method.

Choose the most mealy sort of potatoes, boil and skin them, take twelve pounds, break and strain them through a very coarse sieve of hair, or a very fine one of wire, in such a manner as to reduce the roots, as nearly as possible, to a state of flour. Mix it up well with twenty pounds of wheaten flour; of this mixture make and set the dough exactly in the same manner as if the whole were wheaten. This quantity will make nine loaves of about five pounds each in the dough, and when baked about two hours, will produce forty-two pounds of excellent bread.

That the best and least expensive method of making bread may be known to our readers, we propose giving a series of receipts, both useful and curious, with the modes adopted by our neighbours, in the manufacture of this most essential part of the nourishment of mankind.

ON THE TREATMENT OF BURNS.

Accidents from fire or hot water are so frequent and so sudden in their occurrence, and so dangerous oftentimes in

their consequences, that it becomes important that almost every body should have a knowledge of the modes of treating them.

The extent of such accidents must necessarily be various; consequently all cases of burns need not be treated precisely in the same manner: A burn may consist simply of inflammation, or it may be accompanied by vesications; or the mischief may be still greater, and the part may be killed.

The great anxiety when this accident happens is to know what should first be applied. Authors differ widely in their opinions upon this point; and opposite remedies in their turn are proposed, or had recourse to. We shall not enter into the disputes upon these points, but shall simply relate what we ourselves have found to answer best; and only name some of the other remedies, of which we have no experience.

When a part is merely inflamed, we have found the steady application of cold whiskey, brandy, alcohol, and even water, not only relieve the immediate pain, but sometimes to quickly remove the inflammation, especially if it be not extensive. If the inflamed portion of skin be considerable, the same plan may be pursued, but the relief will not be so sudden, though it may eventually be as certain. Wrapping the part in cotton is highly recommended, but we cannot speak of it from experience.

If vesications attend, we almost always apply the spirit of turpentine a little warmed to the part, and protect it from the air as quickly as possible, if the wound be considerable, and also that the turpentine should not be applied to the sound skin. Should much pain attend, we give a suitable dose of laudanum. We almost always allow the first dressings to remain for twelve hours, and when we re-open the sore, we take care it shall not be exposed to a current of air, or a cold atmosphere.

This kind of dressing is continued so long as the peculiar inflammation of a burn continues, or as the common people express it, until the fire is out. Should the discharge now become too abundant, (a very common occurrence, especially if the surface be large) we use the cerate of Turner, or the simple cerate, in which a quantity of prepared chalk is incorporated.

Should the burn be deep, and of course the part killed, the basilicon is the best application until the parts begin to show signs of separation. But should the parts immediately round the injured part be much inflamed, we are in the constant habit of using the bread and milk poultice until it subside. When the inflammation is reduced to a healthy degree, we return to the basilicon, or to the cerate, until the part slough out. After this has taken place, we either use Turner's cerate, or the basili-

con, or simple cerate, as the wound may seem to require. We use the first where the discharge is too abundant; the second, where it is deficient; and the third, where the suppurating process is going on kindly.

In extensive burns, the patient almost always complains of a sensation of cold. When this is the case, a free dose of laudanum should be given, and he should be placed in an atmosphere of a moderate temperature. The wound should be opened only when necessary. Should much re-action take place, all stimulating substances, as liquor, animal food, or broths, should be withheld; and in some few instances, even bleeding and purging are necessary.

The consequences to be apprehended, or in other words, the prognosis of burns, are sometimes extremely difficult to pronounce—for they do not always endanger in proportion to their extent, yet they do so as a general rule. We once saw death, in a very few hours, follow a scald over the region of the stomach. The wound was not more than four inches square; the whole of the cuticle was removed in taking off the clothes. The child made no complaint; on the contrary, it soon fell into a sleep, from which it did not properly awake, before it died. A remarkable circumstance attended this wound; it appeared to heal over its whole extent, an hour or two before death.

Nor is the pain in proportion to the injured surface; on the contrary, small burns sometimes give more pain than large ones, owing, doubtless, to the more or less destruction of the vital principle in the parts affected. We witnessed a remarkable case of this kind, in a young lad who had fallen into a soap-boiler's caldron up to his chin. He was quickly taken out, but complained of no pain whatever. He died in a few hours after the accident.

When burns become extremely painful soon after they are inflicted, we believe nothing affords such certain relief as cold. This may be applied by means of a bladder nearly filled with water and applied to the part—it sometimes is useful to add ice to it; or ice may be applied over the dressings, agreeably to the recommendation of Sir James Earle.

Burns have almost always this peculiarity in healing; namely, they shoot up fungus most rapidly; nor is this easy to subdue, even by active caustics, which we are almost always obliged to use. There is little or no sensibility in this fungus, when it is abundant; we have applied caustic often to such surfaces, without the patient expressing the least uneasiness. When it is more moderate in quantity, it is generally more sensible.

When burns are healing, great pains should be taken that no two parts that are naturally separate should come in contact, lest they adhere permanently. On this account, when the hands or feet are the seats of the accident, the fingers and toes should be kept separate by well regulated dressings. Splints and bandages may also be necessary to prevent coalescence, or contractions.

ADVICE TO MOTHERS IN THE NURSING AND MANAGEMENT OF CHILDREN. BY W. P. DEWEES, M.D.

Conduct during the Month.

As the future health and welfare of the child, after birth, mainly depend upon the healthfulness of the mother, and her capacity to supply it with sufficient and proper nourishment, it will follow that this important office demands the utmost care, that she be enabled to perform this delightful duty with comfort to herself and advantage to her child—therefore she must avoid all such causes as may tend to produce or augment fever; as too early sitting up; unnecessary exposure; indulging in too stimulating a diet and drinks; too hot a room; curtains too much closed; the exclusion of fresh air; and seeing too much company.

She must aid, by her own good sense, the endeavours of her physician to prevent the accession of fever, by not permitting the nurse, as is too often done, to run counter to his directions; she must therefore carefully examine her articles of food, that no improper or forbidden substance enter its composition, as wine or liquor of any kind, animal food, or broths, until after the complete secretion of milk has taken place, and all risk of “milk fever,” as it is called, be at an end; that is, not until after the termination of the fifth day.

With a view to give the best possible chance for the breasts to perform their functions properly, and to prevent, as much as may be, the occurrence of that bane to nursing, sore nipples, she should have the child applied to them so soon as she is sufficiently recovered from her fatigue to permit it; and this must be repeated every four or five hours, should nothing occur to render it improper.

She must not delegate to any other being the sacred and delightful task of suckling her child, unless there is the most decided and insurmountable impropriety in continuing it at her own breast.

She should most scrupulously attend to the dressing and undressing of her infant, if she cannot perform these offices herself; and also pay the strictest attention to its cleanliness; not

suffering it to remain either wet or soiled, under the false pretext of making it hardy.

The mother should not permit her child to be fed, while she herself can supply it with sufficient nourishment; to ensure this of proper quality, and in proper quantity, she should eat nothing which her experience has proved to be injurious; and she should take so much exercise, in the open dry air, (so soon as her health is sufficiently confirmed to permit it) as will contribute to the restoration of healthy action in her whole system.

The rules we have just laid down, for the observance of the woman, during her labour and her getting up, as it is familiarly called, may require a few remarks to make them entirely intelligible, or to ensure conformity.

Of the Treatment of the Nipples.

In treating on this subject, we shall first briefly inquire into the causes of sore nipples; and, secondly, point out the best mode with which we are acquainted, for their prevention or cure.

The removal of the skin, which covers the nipple, by the application of the child's mouth, in the act of sucking, is almost always owing to the milk vessels being over distended with milk, and to an incipient inflammation besieging them in their course, and at their extremities, which terminate, and open on the extreme end of this useful little organ; and sometimes to some of these little openings being nearly, or entirely, obliterated by compression, or previous injury; thus requiring considerable and repeated force to extract the milk from them. The friction which the nipples suffer from the attempt to draw off the milk, soon render these parts tender; and in a little time more, the skin is entirely removed. From that moment, the woman bids adieu to all comfort in suckling; for the child's frequent demands for nourishment prevent their healing.

Now, it would seem from the premises just laid down, if we can prevent the over distention and inflammation of the milk vessels, and remove the obstructions from their external extremities, we should destroy the necessity of that degree of force which we have just declared to be the efficient cause of sore nipples; and, consequently, protect the woman against them. To do this, we must most vigorously enforce the rules we have laid down for the conduct of the woman immediately after delivery, and persevere in them until the necessity shall cease.

Besides this, the patient should begin to prepare these parts some time previous to labour, by the application of a young, but sufficiently strong puppy to the breasts, immediately after

the seventh month of pregnancy. By this plan, the nipples become familiar to the drawing of the breasts; the skin of them becomes hardened and confirmed, the milk is more easily and regularly formed; and a destructive accumulation and inflammation is prevented.

A variety of washes have been recommended for the purpose of hardening the nipples; but so far as we can learn, or have observed, they have rarely succeeded; nor can they often, from their very mode of action—for it is not so much an unusual tenderness of skin that gives rise to this complaint, as the degree of force which becomes necessary to extract the milk, when these parts are over distended or inflamed. The true theory then of prevention is, so to manage the breasts, that neither over distention nor inflammation shall take place. We have suggested above, the mode of doing this; namely, before delivery, by the regular application of the puppy; and after delivery, by the early application of the child to the breast, and a strict antiphlogistic regimen.

A great stress is laid upon the daily use of lukewarm water and fine soap; the nipples, it is said should be washed with them every day, for some time before delivery; by which means the hardened scarf skin, after a short time, can readily be removed by the finger, a blunt knife, or the edge of a card. When this is removed, he recommends hardening the tender nipple by certain stimulating applications; but of which we do not approve—the best plan, we believe, after washing, is to expose the nipples to the air for a few minutes at a time, and several times every day.

It perhaps may be useful to suggest, that these important parts are very frequently injured, by compressing them too tightly against the breast, with corsets, &c. This should be guarded against with much care, by every female, whether she be married or single; and for this purpose they should be protected, especially in the pregnant woman, by an opening in the jacket, corsets, or stays, so as to leave them at perfect liberty.

Some women are so unfortunately organized, as to want the nipple altogether, or to have it very short, or sunken in—such may have the inconveniences necessarily attached to this malformation, remedied, or improved, by the early use of the puppy, or the daily drawing them out with a large tobacco-pipe.

[To be Continued.]

TUSSER'S COMPARISON BETWEEN GOOD AND BAD HUS-
WIFERY.

Comparing together, good huswife with bad,
The knowledge of either, the better is had.

I.

Ill huswifery lieth
Till nine of the clock ;
Good huswifery trieth
To rise with the cock.

II.

Ill huswifery tooteth
To make herself brave ;
Good huswifery looketh
What household must have.

III.

Ill huswifery trusteth
To him, and to her ;
Good huswifery lusteth
Herself for to stir.

IV.

Ill huswifery careth
For this, nor for that ;
Good huswifery spareth
For fear, ye wot what.

V.

Ill huswifery pricketh
Herself up in pride ;
Good huswifery tricketh
Her house as a bride.

VI.

Ill huswifery one thing
Or other must crave ;
Good huswifery nothing
But needful will have.

VII.

Ill huswifery moveth
With gossip to spend ;
Good huswifery loveth
Her household to tend.

VIII.

Ill huswifery wanteth,
With spending too fast ;
Good huswifery canteth
The longer to last.

IX.

Ill huswifery easeth
Herself with unknown ;
Good huswifery pleaseth
Herself with her own.

X.

Ill huswifery brooketh
Mad toys in her head ;
Good huswifery looketh
That all things be fed.

XI.

Ill huswifery bringeth
A shilling to naught ;
Good huswifery singeth
Her coffers full fraught.

XII.

Ill huswifery rendeth
And casteth aside ;
Good huswifery mendeth,
Else wou'd it go wide.

XIII.

Ill huswifery sweepeth
Her linen to gage ;
Good huswifery keepeth
To serve her in age.

XIV.

Ill huswifery craveth
In secret to borrow ;
Good huswifery saveth
To-day, for to-morrow.

XV.

Ill huswifery pineth
(Not having to eat) ;
Good huswifery dineth
With plenty of meat.

XVI.

Ill huswifery letteth
The devil take all ;
Good huswifery setteth
Good brag of a small.

DR. WILSON PHILIP ON INDIGESTION.

Though we have endeavoured in a number of papers to give a clear and condensed account of those complaints of the stomach,

which are known under the vague denominations of bilious and nervous complaints, yet we consider that too much information cannot be had upon so important a subject, both with regard to its variety, its consequences, and its connexion with other diseases. We shall therefore at once come to that part of the Doctor's treatise, which is most essential for the patient to know, viz :—

The Treatment.

The treatment of indigestion, like its symptoms, may be divided into three parts, that of the first, second, and third stages of the disease. The two first only, for reasons already given, we are here to consider.

The first object in the cure of all diseases is to remove the REMOTE CAUSES, as far as they still continue to operate. Among those of indigestion, we have seen that whatever occasions morbid distention of the stomach, or irritates its surface, holds a chief place. It unfortunately happens, that there is a continual tendency in this disease to produce those causes. However well, therefore, we may succeed in removing them, it requires constant attention to prevent their recurrence. To some of the other causes of this disease these observations apply with almost equal force, particularly to that inactivity of body, and irritable, anxious and desponding state of mind, which so frequently cause and are caused by indigestion.

Diet and Exercise.

The first part of the treatment, therefore, which falls under our attention, relates to diet and exercise both of mind and body ; and in the slighter and more recent cases a strict attention to these alone, or at most with the assistance of an occasional mild aperient, will often be found sufficient to effect the cure ; and the neglect of them will, in all cases, tend to counteract whatever other means we employ.

The objects to be kept in view in regulating the diet in this disease, as appears from what has just been said, are that it shall tend as little as possible to produce either morbid distention, or morbid irritation of the surface of the stomach.

Many of the regulations belonging to the first of these heads arise out of what was said in the section on the immediate causes of indigestion. It would appear from the observations there made, that the appetite continues till the first food neutralizes the gastric fluid which had accumulated in the stomach and caused the sensation of hunger.

If the patient eats with great rapidity, he will, during the time required for this combination, put such a quantity of food on

the stomach as to occasion some degree of morbid distention, which will be greatly increased by the swelling of the food, in consequence of the secretion of gastric fluid being disturbed by the distention, and the stomach, for reasons above explained, not propelling its contents with the usual facility into the intestines. Thus it is that the feeling of distention often increases for some time after too full a meal, and, at length, is frequently accompanied with actual pain.

Of Mastication of Food.

The food, when we eat too fast, is not only received into the stomach in too great a quantity, but is swallowed without being duly masticated and mixed with saliva, and therefore without properly undergoing what may be considered the first process of digestion. It is thus presented to the stomach in a state in which the gastric fluid pervades, and consequently acts upon it with more difficulty. In this way eating too fast is injurious even when the patient abstains from taking too much.

For these reasons, to eat moderately and slowly is often found of greater consequence than any other rule of diet. The dyspeptic should carefully attend to the first feeling of satiety. There is a moment when the relish given by the appetite ceases; a single mouthful, taken after this, oppresses a weak stomach. If he eats slowly, and carefully attends to this feeling, he will never overload the stomach.

Morbid distention of the stomach, however, may take place although there be no error in either of these respects, if the food, being of such a nature that the fluids of a weak stomach are unable to effect the necessary change on it, [run into fermentation.

It is evident that morbid distention, from whatever cause, cannot exist without at the same time occasioning morbid irritation of the surface of the stomach. The distention itself has this effect, but as deranged digestion is the consequence of this degree of distention, it can never stop here. All undigested food, however small the quantity, is a cause of irritation.

Thus the whole train of symptoms, which constitute a fit of indigestion, may arise either from too large a quantity of food, particularly if carelessly masticated, or from food of difficult digestion, most readily of course from a combination of these causes. It is therefore of great consequence, in regulating the treatment of this disease, to ascertain what kinds of food are most easily changed by the gastric fluid. This is sometimes influenced by peculiarities of constitution, to which no general rules will apply, but it is not difficult to perceive what kind of diet is usually best suited to a weak stomach.

Tough, acescent, and oily articles of food with a large pro-

portion of liquid, compose the diet most difficult of digestion. It would appear that a feeble gastric fluid, as indeed we might *à priori* suppose, does not admit of being greatly diluted without having its powers much impaired. The diet opposite to this, then, is that which agrees best with dyspeptics. In the first stage of indigestion, a diet, composed pretty much of animal food and stale bread, is the best.

The proper kind of Food.

If we except beef and veal, the flesh of old, in general, is more easy of digestion than that of young animals, on account of the greater quantity of mucilage in the latter. All mucilages are of difficult digestion. Even the vegetable mucilages, which in small quantity are generally grateful to the stomach, will oppress it, if taken very freely. They are among the things which, in vulgar language, are called sating, or phlegmy. Whatever produces the feeling known by these terms disagrees with the stomach.

The stronger kinds of animal food, of which beef may be considered the strongest, are most apt to excite fever. On this account we often allow those, recovering from fever or otherwise disposed to it, to eat the animal mucilages, or those meats which contain a great portion of them, when even mutton for example is forbidden. Thus animal jellies and young meats have obtained the name of light, but this only relates to the tendency to produce fever, for as far as digestion is concerned they are heavier than mutton, and to many stomachs than beef. A similar observation applies to the vegetable, compared with the animal, kingdom; the former are less apt to excite fever, and are therefore called lighter, but they are in general more difficult of digestion.

From what it arises that mutton is to most stomachs so much more easy of digestion than beef, it would be difficult to say. Most kinds of game are of easy digestion. Fish, independently of the heavy sauce with which it is eaten, is, for the most part, less easily digested than the flesh of land animals; and as it at the same time affords less nutriment, it is in both respects less proper for the food of dyspeptics; although from the white kinds being less apt to excite fever, they, like the animal mucilages, have obtained the name of light, a term which so often deceives with respect to what is most easy of digestion, that it is necessary to keep this explanation of it in view.

The meat most mixed with fat, is *cet. par.*, most oppressive. It is on this account that pork and the tongues of many animals are of difficult digestion. For the same reason, geese and ducks are the most oppressive kinds of poultry. Turkey is more

so than fowl, which, next to mutton, is, perhaps, upon the whole, the lightest animal food in common use, if the skin be avoided. Of the different kinds of game, pheasant is least easy of digestion. The lean part of venison is, perhaps, the most digestible article of diet. Hare and partridge appear to be as much so as mutton, all kinds of meat become more digestible by being kept till they are tender.

Eggs, as far as relates to a tendency to produce fever, may be regarded as of a middle nature between animal and vegetable food. It is a common opinion that they disagree with bilious people, that is, people labouring under indigestion, in whom the disease has extended to the function of the liver. This opinion, in general, I believe, is ill founded, if they are eaten soft boiled with stale bread. In this state, although offensive to a few stomachs, for the most part, they are easy of digestion, if the patient confines himself to one, or at most two, and are an agreeable change.

Few things are of more difficult digestion than new bread. Every thing, as may be inferred from what has been said of the process of digestion, which by mastication forms a tenacious paste, is difficult of digestion, being slowly pervaded by the gastric fluid. So difficult of digestion is such a paste, that I have known more than one dyspeptic, whose stomach could only digest new bread, when it was soaked in melted butter. Here one of the articles most difficult of digestion, was more easily digested than the tenacious paste which its presence prevented. Even bread sufficiently old is oppressive if taken alone and in large quantity, it still forms a mass not very readily pervaded.

Cookery.

On the same principle, food is often rendered more indigestible by processes employed with a view to assist the stomach. All articles composed of strong jellies, and food carefully mashed, are oppressive. The coarser division which our food undergoes in mastication is better suited to assist digestion. Most dyspeptics find, that potatoes, for example, finely mashed, although without any admixture, are more difficult of digestion than when properly masticated. During mastication the saliva is freely mixed with them, and a loose mass is formed. When they are mashed, they resist admixture with the saliva, as well as the gastric fluid.

Our food is rendered more easy of digestion by simple roasting or boiling, provided it is not too much done. Beyond this the art of cookery is nothing, but that of pleasing the palate at the expence of the stomach. There are few circumstances

under which it is proper to bribe a patient to eat; under all others, the refinements of the cook are at variance with the objects of the physician. However imposing the plans of concentrating much nutriment in small compass may at first view appear, we may be well assured, that in such concentration something is taken away from what nature designed for our food, which is useful to us.

It is not generally known, that the most concentrated decoction of beef, so far from affording much nutriment, will not, if unmixed with something solid, even allay the calls of hunger*. A person under my care was attacked with severe pain of the face, when even the smallest quantity of any solid food was put on the stomach, a single mouthful of bread never failed to bring on the attack; and, as he at length refused all solid food, he was confined for some weeks to a strong decoction of beef; but however strong, and in whatever quantity it was taken, it never satisfied the appetite, and he rapidly emaciated.

Fresh vegetables, on account of their tendency to ferment, are, on the whole, injurious in indigestion. Some vegetables, however, are less so than others. Peas, beans, cabbage and waxy potatoes, I have found the worst. Mealy potatoes, turnips, and broccoli, among the best. They should always be boiled till they are soft; raw vegetables of all kinds are oppressive; lettuce appears to be the least so. The tough, thready, and membranous parts of vegetables are of most difficult digestion.

Fruits are also difficult of digestion, particularly the cold fruits, melons, cucumbers, &c.; next to these, the mucilaginous fruits, gooseberries, pears, &c. Apples and strawberries I have found, on the whole, lightest; but we more frequently find peculiarities in the stomach with respect to fruits than other articles of diet. To many stomachs the most acescent fruits, currants, mulberries, &c., are particularly offensive. All preserved fruits are oppressive,—the large proportion of sugar adding much to their indigestible quality. To some dyspeptics sugar is so oppressive, that I have known many who were obliged to abstain even from the small quantity used in tea. Most stomachs bear acids better than acescents.

Bread is not the worse for being hard, provided it be properly masticated. All hard and tough animal food, particularly if it be salted, which adds to its hardness, is of difficult digestion. It seems to be from its hardness that smoked meat is oppressive. Hard and tough animal food cannot, by mastication, be reduced to the loose pultaceous form which hard bread assumes.

* See Oracle, No. III,

There are few things in common use so oppressive as butter. It appears to be more so than the fat of meat. The fat of mutton is less difficult of digestion than beef, and the fat of venison less so than either. The same may be said of the fat of turtle, but all kinds of fat are oppressive to a weak stomach, and that of which we are inclined to eat the most, is generally on this account, the worst. We have little experience of oil in this country. From the result of the few trials I have witnessed, I should say that olive oil, to a stomach accustomed to it, is less oppressive than butter, probably than most kinds of fat.

All oily substances are rendered more oppressive by being fried, as in many of our dishes; yet, such is the peculiarity observed in particular cases, that I have known a dyspeptic digest fried bacon pretty well, who could not digest mutton; as if the strong stimulus of the former had excited a secretion of gastric fluid, where the milder stimulus of the mutton had failed. It seems to be on a similar principle that the stomach will often digest a little of any thing for which the patient greatly longs, and that the appetite sometimes increases after we begin to eat.

Cheese is, in general, still more difficult of digestion than either butter or fat. With their oily nature, it combines the hardness and toughness of the dry and compressed curd, which is very difficult of minute division. Milk and cream, with their preparations, are generally oppressive in proportion to their richness; but the same proportion of cream mixed with water is more digestible than milk.

Much seasoning is injurious, both by the unnatural excitement which it occasions, by which it, for the time, increases the power of the stomach, at the expense of subsequent debility; and by inducing us to eat too much. It seems also, like other strong stimulants, to have a more direct tendency to induce the second stage of the disease.

Of Drink.

With respect to fluids, water is evidently intended for the proper dilution of our food. As, on the other hand, we have seen the food may be so watery that it too much dilutes the gastric fluid; so, on the other, it may be so dry, that this fluid cannot easily pervade it; and its necessary motions in the progress of digestion are effected with difficulty.

But these are not the only, nor do they appear indeed to be the principal, purpose for which we are induced to drink; which seems generally to be, to supply the waste of moisture occasioned by the various secreting surfaces, and particularly by the skin, which is the most extensive. Hence every thing which promotes perspiration increases thirst. For a similar reason,

diarrhœa, and the operation of a cathartic have the same effect; and it appears from many facts, that there is often a rapid absorption of fluid from the stomach.

In health, when the various functions are in due proportion, little liquid is required with the food, the inhalation by one set of vessels nearly compensating for the exhalation by others. Thus it is that the most healthy are little troubled with thirst. In indigestion, we have seen, it is a frequent symptom. It seems sometimes to arise from a general failure of the secretions of the alimentary canal, from the mouth downwards, more frequently from irritation of the stomach, excited by the undigested food; for there is a false thirst, as well as a false appetite. As that irritation frequently induces the patient to eat when there are no fluids in the stomach adapted to the office of digestion, it excites him to drink when there is no want of fluidity in the various juices of the body; and when, so far from there being a want of liquid in the stomach, it is surcharged with vitiated fluids.

The drink, under such circumstances, only giving relief in proportion as it dilutes the irritating matter, the thirst returns as soon as its irritating properties again increase by its continued fermentation; or perhaps merely as soon as the stomach has become accustomed to the degree of relief which the last draught procured. In this way dyspeptics often drink vast quantities, greatly distending the stomach and increasing their disease.

There is some difference of opinion respecting the propriety of drinking at meals. It is evident from what has been said, that the necessity of drinking must be different under different circumstances; but in general it is best shewn by the degree of thirst, and there cannot perhaps be a more erroneous idea than that, which induces some people to drink during their meals, for the purpose, as they say, of assisting digestion, when they feel no desire for it.

Drinking water can in no other way assist digestion than by affording the proper degree of moisture to the food. If there be no thirst, we may be assured that it already possesses this degree of moisture, and that any addition to it will only dilute the gastric fluid, and consequently enfeeble its solvent power. I have often observed, that eating too fast causes thirst, the food being swallowed without a due admixture of saliva, the mass formed in the stomach is too dry. It is almost unnecessary to observe, that the liquid taken after food must but imperfectly answer the purposes of that mixed with it during mastication.

The best rules, I believe, which a dyspeptic can follow, are, not to yield to every slight sensation of thirst, and when the sensation is considerable, to take but a moderate quantity, and

that deliberately, for it is with drinking as with eating, if he swallow with too great rapidity, he will take too much.

Such appear to be the regulations respecting liquids most consistent with the nature of indigestion, when the fluid possesses no other property but that of quenching the thirst. If it possess other properties, other circumstances demand consideration. Both nutritive articles of diet and stimulants may be received in the liquid form.

THE ART OF PRESERVING ALL KINDS OF ANIMAL AND VEGETABLE SUBSTANCES FOR SEVERAL YEARS. BY M. APPERT, OF PARIS.

The art of preserving alimentary substances must be to every mistress of a family, of the utmost consequence in her domestic arrangements, especially where it can be effected with certainty, and by a process simple and easy, and within the reach of every housekeeper; and nothing further will be requisite in the following processes, than such vessels and other conveniencies as are found in every house, where provisions are preserved for the family during the Winter. Allowing that, but for *one year*, the various vegetables can be preserved in full flavour and excellence, there is not, we conceive, a mistress of a family in the kingdom rich enough to lay in a stock of these articles, and not *too rich* to despise the economy of a family who will fail in the ensuing season to avail herself of our instructions; and we hope in our visitations, to behold all kinds of fruit and vegetables as common at Christmas as the standard dish of our happy country, all summoned to assist in decking out the tables of those who enjoy good living in the most extended sense of the word—not only in their own personal gratification, but who also take delight in contributing to the good living of others.

The principle by which all alimentary substances are preserved and kept fresh, is invariable in its effects. The result, in particular experiments, depends upon the fitness of each individual application of the principle to the substance which is to be preserved, according to its peculiar qualities; but in every case, the exclusion of air is a precaution of the utmost importance to the success of the operation: and in order to deprive alimentary substances of contact with the air, a perfect knowledge of bottles and the vessels to be used, of corks and corking, is requisite.

Of Bottles and Vessels.

I chose glass, as being the matter most impenetrable by air, and have not ventured to make any experiment with a vessel made of any other substance. The ordinary bottles have gene-

rally necks too small and ill made; they are also too weak to resist the blows from the bat and the action of the fire; I therefore, caused bottles to be made for my especial use, with wider necks and those necks made with a projecting rim, or ring, on the interior surface, placed below, and resembling, in form, the rim which is at the top of the exterior surface of the necks of bottles. My object was, that when the cork had been forced into the neck of the bottle three-fourths of its length, in the manner already described, it should be compressed in the middle. In this manner the bottle is perfectly corked on the outside as well as within. It thus opposes an obstacle to the swelling, or expansion, which arises from the operation of heat upon the substance enclosed within the bottle. This mode of forming the neck of the bottle is so much the more indispensable, as I have repeatedly known the swelling to be so strong as to push out corks three or four lines in length, though confined by two iron wires crossed. The bottles and vessels should be made of a tough substance, the former having the weight of twenty-five or twenty-six ounces for each *litre* * that the bottle contains. The glass ought to be of equal thickness in every part, or it is liable to break in the water-bath. The form of the Champagne bottle is most convenient; it is the handsomest as well as the strongest, and is the best shape for packing up.

Of Corks.

Economy in corks is generally very unwise, as in order to save a very trifle in the price of cork, a risk is incurred of losing the valuable commodity it is intended to preserve. As corking is made use of in order to preserve and meliorate certain articles, by depriving them of all contact with the air, too much attention cannot be given to the good quality of the cork, which should be of eighteen or twenty lines in length, and of the finest quality. Experience has so fully satisfied me on this point, that I never make use of any but superfine corks: these are, in the end, the cheapest. I further take the precaution of compressing, and, as it were, biting the cork, three-fourths of its length, by means of an instrument, beginning at the small end. The cork is rendered more supple; the pores of the cork are brought closer; it is somewhat lengthened, and its thickness is so much diminished at the extremity which is put into the mouth of the bottle, that a large cork may be made to enter a very moderate opening. The action of the heat within the vessel is such, that the cork swells within, and the corking is thus rendered perfect.

* The French *litre* consists of nearly two and a half wine pints, English measure.

Of Corking.

After what has been just said, the absolute necessity will be apparent of having good bottles, with a projecting rim of equal thickness all round within the neck. Excellent superfine corks are also indispensable, which have been compressed three-quarters of their length.

Before I cork, I take care that the bottles containing liquor are filled only up to within three inches of the outer rim, lest they should burst from the bubbling and swelling occasioned by the application of heat to the water. When the bottles contain vegetables, fruit, &c. they may be filled up to within two inches of the rim.

I place the full bottle upon the bottle-boot, before which I seat myself. This apparatus is to be supplied with a strong wooden bat, a small pot full of water, and a sharp knife, greased with a little suet or soap, for cutting off the tops of the corks, which ought never to be raised much above the head of the bottles. These arrangements being made, I place the bottle-boot between my legs, and taking a cork of a fit size, I dip one half of it into the little pot of water, in order to facilitate its entrance; and having wiped the end, I then put it to the mouth of the bottle, at the same time turning it round. I hold it in this position with my left hand, which I keep steady, that the bottle may stand upright. I take the bat in my right hand, in order to drive in the cork by force of blows.

When I find, at the first or second blow of the bat, that the cork has somewhat entered, I take my hand from the cork in order to hold with it the neck of the bottle; which I fix firmly and upright upon the bottle-boot; and by dint of repeated blows, I continue to drive in my cork three-fourths of its length. The quarter of the cork which remains above the bottle, after having refused to yield any further to the redoubled blows of the bat, assures me, in the first place, that the bottle is completely corked, and this same residue serves also to hold the double crossed iron wire which is necessary to bind fast the cork that it may be able to resist the action of heat on the water-bath. I must repeat again, that too much attention cannot be given to the corking: no circumstance however minute ought to be neglected, in order to effect the rigorous exclusion of the air from the substance to be preserved; air being a most destructive agent, and the one which is most sedulously to be counteracted in the course of the process.

Many persons believe they have corked well, when they have forced the cork even with the mouth of the bottle; but this is a great mistake. On the contrary, whenever the whole of the

cork, instead of withstanding the blows of the bat, is forced into the bottle, it is advisable to draw it out and substitute another in its place. Thus, the believing that a bottle corked very low is well corked, because no liquor escapes when the bottle is turned with its neck downwards, is an error, which, joined to the use of bad corks, causes a number of losses. He who corks with care and judgment is satisfied that the operation has been performed well, by the resistance of the cork to the blows of the bat, and never thinks of turning the neck of the bottle downwards. It is, besides, sufficient to reflect on the punctures met with in cork, and on all the hidden defects which may subsist in the interior even of the finest cork, by means of which the air may be introduced; in order to be convinced of the propriety of making use of none but the very best corks, and that, after having well compressed them in the machine for that purpose; and also of corking them so closely that they become very much compressed in the middle. It is in this way only, that losses can be prevented from frequently taking place, which have often no other cause than bad corking; for, if a bottle does not instantly run when carelessly corked, it proceeds from this circumstance, that the air has not had time to penetrate through the apertures which may be in the interior of the cork: and in fact, how different is the quality of wine, drawn from the same cask! and how many bottles do we meet with, which have lost more or less of their contents!

The bottles being well stopped up, I then fasten the cork down with a couple of iron wires crossed; this is an easy operation, and any one can do it, who has once seen it done. I then put each bottle in a bag of canvass or coarse linen cloth, made for the purpose, sufficiently large to wrap up the whole of the bottle up to the very cork. These bags are made in the shape of a muff, open alike at both ends; one of these ends is drawn with a string running in a gutter, leaving an opening of about the width of a crown piece; the other end is provided with a couple of small strings, in order to tie the bag round the neck of the bottle. By means of these bags, I can dispense with the use of hay or straw in packing up the bottles in the water-bath; and, whenever any one of them breaks, the fragments are preserved in the bag.

After having spoken of bottles, their form and quality; of stoppers, and the length of the fine cork of which they ought to be composed; of the corking and tying; of bags, their form and utility; I proceed to give an idea of vessels with large necks, that is, glass jars, which I make use of for preserving solid and bulky substances, such as poultry, game, meat, fish,

&c. These jars have necks of two, three, and four inches diameter, and are of a larger or smaller size; like bottles, they are furnished with a projecting rim, not only in order to strengthen the neck, but also for receiving the iron wire destined to bind the corks. I have not yet been able to procure from the glass-houses a similar projecting rim in the interior of the neck of these jars, as I have in that of the bottles. The completely corking up these vessels is, from this circumstance, rendered more difficult, and demands especial care.

Having corked my jars, and driven in the stopper by means of the bat, the bottles being always placed upright in the bottle-boot, I make use of a compound luting. This luting is made of quick lime, which is slaked in the air by being sprinkled with water, till it becomes reduced to a powder. The powder to be kept in this state in corked bottles ready for use. This lime mixed with a cheese made of skimmed milk, and formed to the thickness of paste, produces a luting which hardens rapidly, and which withstands the heat of boiling water. I besmear the whole of the outside of the stopper with this luting, and I cover the edge of the jar with hemp and strips of linen placed above and close to the stopper, and hanging down to the rim. Farther, that the iron wire may have force enough to keep down the stopper, I put a piece of cork seven or eight lines high, and sixteen or eighteen lines in diameter, in the middle of the large stopper, which is itself too big to allow the wire to have any effect upon it. By means of this second cork, placed in the middle of the large stopper, I am able to make the wire take a proper hold of the cork, and give due strength and solidity to the stopper.

When every thing has thus been foreseen and prepared, and above all things well corked, tied, and wrapped up in bags, there remains nothing to be done, but to apply the preserving principle, that is, *heat*, to the substances duly arranged, and this is the most easy part of the operation. I place all the vessels, bottles or jars, upright in a boiler, which I then fill with cold water up to the necks of the vessels; I then cover the boiler with its lid, which is made to rest upon the vessels. I cover the upper part of the lid with a piece of wet linen, in order that the sides of the lid may exactly fit, and all evaporation from the water-bath be impeded as much as possible. When the boiler has been thus filled and adjusted, I light the fire beneath.—When the water-bath begins to boil, I take care to maintain the same degree of heat for the greater or less quantity of time required by the substances exposed to its influence. When this time has elapsed, I then instantly put out the fire by means of a

coal-extinguisher. After the fire has been put out a quarter of an hour, I let out the water of the bath by means of the cock : after the water has been withdrawn half an hour, I uncover the boiler, and I do not take out the bottles till one or two hours after the uncovering ; and this terminates the operation. The next day, or a fortnight afterwards, for that is immaterial, I place my bottles on shelves, as I do wine, in a cool and shady place. If I purpose sending them a great distance, I think it worth while to pitch them before I place them on the shelves ; otherwise this last operation is not absolutely necessary. I have now by me, bottles which have been three years lying under a stair-case, the substances contained in which retain as much flavour as if they were just prepared, and yet they were never pitched.

We have just seen, from all that has been said, that alimentary substances, in order to be preserved, should be, without exception, subjected to the application of heat in a water-bath ; after being rigorously excluded from all contact with the air, in the manner and with the precautions already indicated. The preserving principle is, as I have already observed, invariable in its effects. Thus every loss I have sustained from any of the articles being spoiled, had no other cause than an erroneous application of the principle, or some negligence or omission in the preparatory process already pointed out.

[*To be continued.*]

OF INTEMPERANCE, AND ITS EFFECTS ON THE SYSTEM.

“Living fast,” is a metaphorical phrase which, more accurately perhaps than is generally imagined, expresses a literal fact. Whatever hurries the action of the corporeal functions must tend to abridge the period of their probable duration. As the wheel of a carriage performs a certain number of rotations before it arrives at its destined goal, so to the arteries of the human frame we may conceive that there is allotted only a certain number of pulsations before their vital energy is entirely exhausted. Extraordinary longevity has seldom, I believe, been known to occur in persons of a more tranquil and slow-paced circulation.

But if intemperance curtailed merely the number of our days, we should have comparatively little reason to find fault with its effects. The idea of “a short life and a merry one,” is plausible enough, if it could be realized. But unfortunately what shortens existence, is calculated also to make it melancholy. There is no process by which we can *distil* life, so as to separate it from all

foul or heterogeneous matter, and leave nothing behind but drops of fine defecated happiness. If the contrary even were the case, we should scarcely be disposed to blame the vital extravagance of the voluptuary who, provided that his sun shines brilliant and unclouded as long as it continues above his head, cares not although it should set at an earlier hour.

It is seldom that debauchery breaks at once the thread of life. There occurs, for the most part, a wearisome and painful interval between the first loss of a capacity for enjoying life, and the period of its ultimate and entire extinction. This circumstance, it is to be presumed, is out of the consideration of those persons who, with a prodigality more extravagant than that of Cleopatra, dissolve the pearl of health in a goblet of intemperance.

The slope towards the grave is found, by these victims of indiscretion, to be no easy descent. The scene is darkened long before the curtain falls. Having exhausted all that is fine and delightful in the cup of life; they are obliged to swallow afterwards the bitter dregs. Death is the last, but not the worst result of intemperance.

Punishment, in some instances, treads almost instantly upon the heels of transgression; at others, with a more tardy, although an equally certain step, it follows the commission of moral irregularity. During the period of a long protracted career of excess, the malignant power of alcohol, slow and insidious in its operation, is gnawing incessantly at the root, and often without spoiling the bloom, or seeming to impair the vigour of the frame, is clandestinely hastening the period of its inevitable destruction. There is no imprudence with regard to health, that does not tell: and those are not unfrequently found to suffer in the event most essentially, who do not appear to suffer immediately from every individual act of indiscretion. The work of decay is, in such instances, constantly going on, although it never loudly indicates its advance by any forcible impression upon the senses.

A feeble constitution is, in general, more flexible than a vigorous one; from yielding more readily, it is not soon broken by the assaults of indiscretion. A disorder is, for the most part, violent in proportion to the stamina of the subject which it attacks. Strong men have energetic diseases. The puny valetudinarian seems to suffer less injury from indisposition, in consequence of having been more used to it. This lingering, and scarcely more than semi-vital existence is often protracted beyond that of the more active, vivacious and robust. But it ought to be in the knowledge of the debauchee, that each

attack or casual return of periodical distemper deducts something from the strength and structure of his frame. Some leaves fall from the tree of life every time the trunk is shaken. It may thus be disrobed of its beauty, and made to betray the dreary nakedness of a far advanced Autumn, long before, in the regular course of nature, that season could even have commenced.

The distinction, although incalculably important, is not sufficiently recognized betwixt stimulation and nutrition ; repairing the expenditure of the fuel by a supply of substantial matter, and urging unreasonably, or to an inordinate degree, the violence of the heat and the brilliancy of the flame. The strongest liquors are the most weakening, and in proportion to the power which the draught itself possesses, is that which it alternately deducts from the person into whose stomach it is habitually received. In a state of ordinary health, and in many cases of disease, a generous diet may be safely and even advantageously recommended. But in diet, the generous ought to be distinguished from the stimulating, which latter is, unfortunately, most frequently used to denominate *good living*. The indigent wretch, whose scanty food is hardly sufficient to supply the materials of existence, and the no less wretched debauchee, whose luxurious indulgence daily accelerates the period of its destruction, may both be said with equal propriety to *live hard*. Hilarity is not health, more especially when it has been roused by artificial means. The fire of intemperance often illumines at the very time it is consuming its victim, and it is not until after the blaze of an electric conuscation that its depredations are exposed.

Stimuli sometimes produce an artificial genius as well as vivacity. They lift a man's intellectual faculties, as well as his feelings of enjoyment, above their ordinary level ; and if by the same means they could be kept for any length of time in that state of exaltation, it might constitute something like a specious apology for having had recourse to them. But unfortunately the excitement of the system can in no instance be urged above its accustomed and natural pitch, without this being succeeded by a correspondent degree of depression. Like the fabulous stone of Sisyphus, it invariably begins to fall as soon as it has reached the summit, and the rapidity of its descent is almost invariably in proportion to the degree of its previous elevation. Genius, in this manner, forcibly raised, may be compared to those fire-works which, after having made a brilliant figure in the sky for a very short time, fall to the ground and expose a miserable fragment, as the only relic of their preceding splendour.

HABITUAL COSTIVENESS.

There can be no question that purgative medicines are very extensively used by the world at large, unassisted by the advice, and undirected by the opinions of the members of the medical profession. Every one is guided by his own particular feelings or judgment, as to the necessity for resorting to them; and it is not more probable that the selection of the particular article shall be made with a better discrimination, than the determination which led to its adoption. But granting that all who thus undertake the office of physician to their own person, were correctly informed as to the proper time and season of using purgative medicines, still an ignorance of the peculiar nature and properties of the varieties of them must often lead to disappointing results, and, in many instances, convert the remedy into a means of aggravating the disorder it was intended to alleviate. Thus it frequently happens with persons who are habitually costive, that they persevere too long with some favourite remedy, which might at first have been very good, but from long continued application has entirely or nearly lost its effect. We should therefore recommend, that those persons who are troubled with an habitual costiveness should vary their medicines, that the stomach may not become inert by a too frequent use of the same drugs; for which purpose, we give below a few recipes of various kinds, which may be applied to occasionally:—

Colocynth.

Take of compound extract of colocynth half an ounce,
calomel sixty grains,
syrup a sufficient quantity.

The mass to be made into sixty pills, of which from two to four may be taken occasionally.

Castor Oil.

Take of castor oil one (or two) table spoonfuls,
tincture of senna one table spoonful.

Mix for a draught.

Rhubarb.

To obviate costiveness, debility of the stomach and bowels, with heartburn, the following is useful:—

Take of rhubarb in powder,
dried subcarbonate of soda, of each five grains,
powdered columbo root ten grains.

To be taken every morning.

Draught for obstinate Costiveness.

Take tartrate of potass half an ounce
manna and tincture of jalap, of each two drachms,
hot water three ounces.

Mix them, and let the half be taken for a dose.

THE DUTIES OF A HOUSE-MAID. BY AN UPPER SERVANT.

The first duty of the house-maid is to rise early, and to dress herself tidily and quickly. Her next office, if in Summer, is to rub the stove and fire-irons with scouring paper, and to clean the hearth. When she has a mind to preserve her irons free from rust till Winter, let her dissolve a quarter of an ounce of camphire, and half a pound of hog's lard, together over a very slow fire, and taking off the scum, mix as much black lead as will bring them to an iron colour. Then let her spread this composition over the steel grates and fire-irons; and letting it lie 24 hours, and then cleaning them neatly with a dry linen cloth, she will find them keep unruined for six months. Some rub their irons with mutton suet or goose grease, and wrapping them in paper, lay them by till Winter, when they wipe off the fat with a dry linen cloth, and then rub them with scouring paper. If in Winter, she should first rake out the ashes, and sweep the grate very clean. Common irons may be brightened by rubbing them first with a rag dipped in vinegar and the ashes, then with an oily rag, and after that with scouring paper, rotten stone, or white brick; but, if possible, red brick should not be used, for it makes sad work. This method of cleaning serves for all sorts of common irons or brasses, though some prefer goose grease to oil, or any other sort of grease, and do not use scouring paper to brasses. If there be very fine steel stoves and fenders, they should be first rubbed with oil, then with emery, till clear and bright, and next polished with leather which is an excellent thing to rub irons that are not in constant use with every two or three days, as it takes off any spots got in that time. When she has thus prepared the stove, &c., and cleaned the inside of the hearth, she may then light her fire, and wash the marble with a piece of flannel instead of a brush, dipped in a strong lather of hot water and soap. She should then dry the hearth, and round the chimney; but if the latter be marble, drying it once a week is sufficient, though the hearth ought to be done so to every day. Cold water, soap, and sand, will do for washing free-stone slabs; and she should use a brush for cleaning them; for rubbing with a fire-stone spoils the ladies petticoats, and one cannot set a foot on slabs, so rubbed, without marking the room, unless the slabs be afterwards well cleaned with a dry cloth. Where the insides of chimneys are covered with tiles, rubbing them with a wet cloth, and then drying them, is sufficient. Hearths and chimney sides of steel should be cleaned in the same manner as fine steel stoves.

When the hearth and sides are of free-stone, they may be cleaned in the following manner:—First, scour them clean, as directed for free-stone slabs; then take two pennyworth of black lead, and a quater of a pound of coarse brown sugar, which being well mixed, put into half a pint of small beer, and set on the fire, stirring the whole with a stick till well boiled. Then, with a little brush, black the sides and bottom of the hearth, at least twice over; and next day, when they are quite dry, rub them well with a hard brush, and if they be smooth and not broke, they will look like steel. The bottom on which the gr̃ate stands will require more frequent repetition, as the blacking wears sooner off than on the sides, which will keep bright for some weeks, or perhaps months. Brick hearths, brushed with a mixture of red lead and milk, will have a cherry colour.

When the house-maid has finished her business at the chimney, she should set about cleaning the locks; having first procured a piece of pasteboard for each, with a hole cut in it, just big enough for slipping over the lock, to preserve the doors, to which the same side of the pasteboard should always be applied, for the dirty side would spoil them. The locks may be cleaned by rubbing them with an oily rag, and next with rotten stone or white brick; but she ought to be very careful that none of these two last get into the key-hole. Laequered locks want no other cleaning but rubbing with a piece of clean leather or woollen cloth; for oil, or any thing damp, hurts their colour. Her next attention should be to the carpets, which she may sweep with a common broom, or brush with a whisk broom, and then fold them baek; after which she ought to sweep the room, having first strewed it with sand pretty damp, throwing it smartly from her hand, and it will liek up the dust and flew. Carpets, when they will turn, are best cleaned by laying the wrong side upwards for a day or two, and then the dust will fall on the floors. But before she sweeps the rooms, she should brush and clean the window curtains, and with a broom sweep the windows, and behind the shutters. She ought not to apply a brush or broom to any pictures or frames, but only to blow the dust off with a pair of bellows; though she may now and then dust them with a soft piece of flannel, or very soft duster; and she should also blow off the dust from the wainseot, china, and stueeo work. When she has swept the room and taken up the dust, without leaving any sluttishly in corners, her next business is to rub the wainseot from the top to the bottom with a duster, and do the same to the windows. In the next place the chairs should be dusted; then let her sweep the stairs, throwing on the upper stairs a little wet sand, which will bring down the dust, without

flying about; but if stair-carpets are used, this is only to be done occasionally as the cloths are found necessary to be removed; though the steps ought to be swept down every day. After cleaning the stairs, she should dust the wainscot and balusters directly, and also the tops of the doors. As for the ceilings or tops of the staircases, or rooms, they should be dusted with a long handed flat broom; but if they be of stucco work, the dust should be blown off by a pair of large 'bellows, with long handles, which may be had at the turners' shops. When she goes to clean the stairs, let her take soft cold water and sand to scour them down with, and they will soon be dry.

When the family is up, she should set open the windows of the bed-chambers, and uncover the beds to sweeten and air them; which will be a great help against bugs and fleas. In making the beds she ought to begin with the first aired, taking off the several things singly, and laying them on two chairs, without letting them touch the floor; she should shake the beds well every day, and if there be a matrass, let her turn it at least once a-week. The cleaning of the head of the bed, the vallences and curtains, with a brush or whisk, is not to be omitted; nor sweeping clean behind and under all the bedsteads; after which she is to sweep and clean every room, as before directed. By thus keeping a constant method, her business will be a pleasure instead of fatigue.

To keep Oak boards brown, without washing.

This is done by strewing tansy, mint, balm, fennel, or other green sweet herbs, on the boards well swept, and rubbing them all over the wood with a long hard brush, till it be scrubbed clean. When the wood or boards are quite dry, the herbs should be swept off, and the boards being well dry rubbed with a dry rubbing brush, will look like mahogany, and have an agreeable smell. Greasy spots may be taken out, by laying a little ox gall on at night, and washing them well next morning with a little brush and clean flannel, with some strong ley; but if the spots be slight, a little clay or fuller's earth will do; or if they be dirt or marks of feet, dry rubbing will remove them; and after these operations the boards will keep a long time bright and brown, with only using a little hard brush.

To clean Floor Cloths.

These are best cleaned and preserved by being dry rubbed every day, for mopping them spoils and wears them soon out, besides causing the sides to turn up. Cleaning them occasionally with milk, and dry rubbing them when dry, will make them look as bright as when new.

MR. WAKLEY'S MEETING FOR THE REFORM OF THE
COLLEGE OF SURGEONS !!

There has recently been a meeting of the surgeons of London, by a Mr. Wakley, late of Argyle-street, convened for the purpose of taking into consideration certain grievances which that body have to complain of, in consequence of the mal-administration of their affairs by the Court of Examiners and officers of the College. In consequence of advertisements, &c. and it being understood that Mr. Lawrence would preside, ensured a good attendance, though the greater part of the company were *students* and not practitioners. Mr. Lawrence was most unanimously called to the chair, who, after a proper exordium, read a certain number of resolutions, which were carried by acclamation; at least that was the case till the last resolution was proposed, when, to the evident astonishment of those who supposed themselves the leaders and managers of the concern, up starts the prime mover of the whole affair, with a ready cut-and-dried amendment in his hand, which, notwithstanding the remonstrances of the chairman, and the would-be-thought projectors of the meeting, he was determined to carry. How shall we describe the chop-fallen look of the chairman and his supporters, and the chagrin and disappointment which was visible in their countenances when the mask was withdrawn; it was then they appeared in their true character—the mere puppets of the hero of the night! poor Lawrence!—we really pitied him—he felt the degradation which he was made to suffer, but it was too late—he could not retrace his steps—he had allowed himself to be made the tool of another, and had drawn in his friends into the vortex to suffer a part of his shame; gladly would he have read another recantation—but it was not in his power—He was compelled then, and there, to sit and propose for the adoption of the meeting the obnoxious amendment; nor could even *his opinion*, nor the endeavours of his friends in the least ward off the result:—the amendment—in spite of all remonstrance was put—was carried by a large majority!!! and the chairman and the rest of the squad, seeing the whole of their labour frustrated, and stript even of the honour of having it supposed they were the originators of the reform they sought, and the grievances of which they complained, moved off, after having served Mr. Wakley's turn, and retired “to supper with what appetite they might.”

GOURMANDERIE FOR APRIL.

“ By ceaseless action all that is subsists.
 Constant rotation of the unwearied wheel
 That Nature rides upon, maintains her health,
 Her beauty, her fertility. She dreads
 An instant's pause, and lives but while she moves.

COWPER'S TASK.

Another month revolves, and April comes decked with smiles and tears—emblem of the chequered lot of man;—to-day his countenance brilliant, and lighted up with hope and expectation, basking in the sunshine of success—to-morrow overcast and clouded, with brow shaded by care and disappointment. But a truce with melancholy, we have only to do with the sunshine of the month—the gay and health-inspiring part of it—when called by the singing of the merry birds, we hasten to enjoy the dappled dawn, and welcome the rising sun, ‘robed in flames,’ whose genial influence begins to be felt over the whole face of Nature. The budding trees, the flowering shrubs, the whistling of the husbandman hastening to his labour—all is inspiring—inviting, heartening and invigorating—every thing animate and inanimate, feels and acknowledges the genial influence; and our often contemned yet enviable climate, more delightful far in all its eccentric changes, than is the monotonous sameness of the never-varying and cloudless skies of the South, gives to our senses each coming year a new life;—dreary days and wearying nights are forgotten, and while we feel the delightful influence of a Spring morning, Winter and all his chilling blasts fails to leave any impression on the senses.

In this month generally falls the festival of Easter, though the previous month has in this instance stolen a *march* upon its prerogative. But still it is the month sacred to festivity and mirth—

And young and old came out to play
 On a sunshine holiday,

and court health in her most alluring and pleasing form. All, therefore, who regard the enjoyment of the precious gift, we recommend to make morning holiday, to ‘be stirring with the lark,’ and haste to inhale the fragrant breeze—drink down draughts of pure ethereal balm—woo the bright goddess at her shrine, and receive from her rosy fingers the reward and badge that distinguishes her votaries—the crimson tinged cheek and sparkling eye.

Grass-lamb and turbot are in particular demand in this month, and green geese and turkey poults come into notice,

Pork, having continued during the whole of the Winter, is now withdrawn, though sucking pig still continues to grace the board and remains a favourite. Holibut in this and the two following months is in perfect condition. It comes in as an acceptable variety at the close of Lent, with earp, tench, and perch.

The principal novelty of this month is the royal sturgeon, whose value has been enhanced by the discovery of a mode of dressing him, which places him almost on a par with turtle in richness and flavour.

Mackarel also begin to make their appearance, and continue in season during this and the two succeeding months. Those from Brighton, hurried up by land carriage to the metropolis, are sure of a ready sale at high prices; they appear at table in London in all their beauty—and in as short a time after being taken from the sea, as if they had never quitted the coast.

Mullets are in season only during this and the following months—and Brighton soles are at this time also in request and in as high perfection as the mackarel.

ON THE GOOD EFFECTS OF SOCIAL INTERCOURSE.

[By a Correspondent.]

Friendship is a good so precious and valuable, and at the same time so very rare, that one cannot take too much care in order to procure it. The most efficacious means to do this is feasting. It is by eating and drinking together that conversation becomes more easy and familiar; and, to use the words of Monsieur de la Mothe Levayer, “we hold, that communion unites people’s very souls, and causes the strictest friendships.” Unde Philotetius Crater. And, in reality, can any thing be more agreeable and engaging, than to take a friendly bottle in pleasant and delightful company?

And therefore Cleomedes had great reason to say, “take away the pleasures of the table, where we open ourselves so agreeably to each other, and you rob us of the sweetest cordial of human life.” This was also the sentiment of Cicero, in his Book of old Age; of Aristotle, in his Ethics; and Plutarch, in his Questions. Let who will, then, look on trencher friends to be false, and say with those of whom Ovid makes mention,

In happy times, while riches round you flow,
A thousand friends their obligations own;
But when loud adverse winds begin to blow,
And darksome clouds appear, you’re left alone.

Daily experience teaches us, that one of the best means to push one’s fortune, is often to regale with those who are in ere-

dit; for, to one that may have ruined himself by so doing, ten have made their fortunes. We may therefore say of entertainments, that

These unite friends, and strictly keep them so.

But what is more, wine does the office of a mediator between enemies. Of which truth I shall instance two illustrious examples. M. Crassus reconciled himself to Cicero at a feast; Asdrubal and Scipio did the same on the like occasion. And one may see, in a description which a very learned person has given of Switzerland, that when the inhabitants of that country quarrel with one another, and come to blows, they are immediately reconciled by returning to their cups, and no harm ensues but sitting up all night, and amicably getting fuddled together.

But to come nearer. The bishop of Bitonto, one of the Fathers of the Council of Trent, and a famous preacher, frequently in his sermons, exhorted the Germans to unity, and to return to the church, made use of this topic of friendly drinking, conjuring them thereto as undoubtedly, by the strongest, and most efficacious argument he could make use of, to remember how merry and sociable heretofore they had been in their cups.

APOTHECARIES *versus* QUACK PHYSICIANS.

Quacks and quack medicines we have repeatedly endeavoured to guard our readers against. We have now, however, to caution them against *Quack Physicians*! Mercy on us! on how slender a foundation does a man hold the tenure of his existence. On the one hand, liable to be poisoned by the infallible nostrum of an advertising juggler, and on the other, not a whit more secure when he determines to seek the protection of an orthodox M.D; for in his selection he may stumble upon a *fellow* who, having been qualified for the small sum of fifteen pounds, to deal death and destruction amongst his Majesty's lieges, is just called in, time enough, to 'sign his patient's death warrant—in Latin,' beyond which his acquirements may not have reached.

The attention of the profession has been called to this subject by a pamphlet, in the shape of "A letter* from a General Practitioner," complaining of the hardships under which that branch of the medical profession labour, from the encroach-

* Letter addressed to the Medical Profession, on the Encroachments on the Practice of the Surgeon-Apothecary; by a new Set of Physicians. By Medico Chirurgus.

ments made upon their practice. We, however, submit the subject to the *public*, to *shew the impositions* they are liable to, and which we consider of much more importance.' The facts disclosed will give a tolerable idea of the tricks resorted to by these solemn sages in black, for the worst of purposes. We will, however, allow *Medico Chirurgus*, the denouncer of these mushroom men, to speak for himself.

"I would call the attention, for a short time, to a system which has lately arisen, and which, if continued, threatens the general practitioner with destruction. I mean the encroachments which are daily making by a set of men, who assume to themselves the style and title of physicians; but who, in reality, have no other right to call themselves such than a diploma can confer, obtained by the remittance of fifteen pounds to a Scotch University—a title which may be conferred on any buffoon, or farrier, at the pleasure of any two individuals inclined to indulge in such a joke! Since the conclusion of the peace, men of this description are to be found in almost every town, and in many villages, arrogating to themselves titles and distinctions, which they had never a right to assume, to the great annoyance of the regularly educated practitioner. That diplomas are purchased in this way cannot be denied, since it is a well known fact, that one University calculates on the receipt of two hundred pounds a-year, for this short and easy mode of obtaining a complete knowledge of a most difficult profession!

"In the course of my life, it has once occurred to me to meet in consultation, on a case which I shall ever regret, two such physicians as I have been describing, and a greater burlesque I never witnessed. Nothing could be more amusing than the ridiculous form and etiquette observed by both. After some time had been spent in descanting on professional reputation, skill, and points of precedence, it was determined that the one, who acknowledged himself to be the junior by the date of his appointment from Aberdeen, should, after inspecting and reporting the state of the secretions, commit the joint wisdom of both to paper; and after settling between themselves the amount of the fees, which they, as consulting physicians, were entitled to, the consultation broke up. The fate of the unfortunate patient can be easily anticipated!!

"Can any thing be more disagreeable or painful to a well educated man, who feels that confidence in his own abilities which a proper education, professional experience, and attention naturally inspire, than to be appended to the tail of these sunshine practitioners; to be obliged to be a silent spectator of

ridiculous formalities in the midst of deep distress; or what is often worse, of miserable practice! And if he ventures, from his previous knowledge of the constitution or habits of the patient, to offer an opinion, to find it treated with derision or contempt! I trust, however, that this, like all other bubbles, will soon burst; that the character of the enlightened, well educated, real physician will be, as it always ought, most highly esteemed; and that the general practitioner will be properly appreciated.

“Of all characters, the trading physician is the most despicable. Sickness and anguish are his harvest—he rejoices to hear that they have fallen on any of his acquaintances, but looks blank and disconsolate when all men are at their ease. The fantastic valetudinarian is his particular prey, he listens to his frivolous tale of symptoms with inflexible gravity—he pretends to be most wise when he is most ignorant—no matter whether he understands any thing of the disease, as he knows his visit must inevitably terminate in a prescription. This is the being whose occupation is ensured by politic connexions, and whose trade is visits.”

DEATH FREQUENTLY CAUSED BY THE FEAR OF DYING.

In dangerous maladies, the person in whom there is the least fear of dying has, other circumstances being the same, the fairest chance to survive. Men in critical situations are apt to be overwhelmed by their terrors; they are drowned by their too eager struggles to emerge; they would keep afloat, if they remained quiescent.

One circumstance which may tend to protract the life of consumptive patients is, that they in general either do not expect a fatal event, or wait for it with an exemplary and enviable resignation. This interesting, and for the most part amiable, class of invalids excite the sympathy of others in proportion as they appear to be divested of anxiety about themselves. Those often seem to leave us most willingly, with whom we are least willing to part.

Predictions of death, whether supposed to be supernatural, or originating from human authority, have often, in consequence of the poisonous operation of fear, been punctually fulfilled. The anecdote is well attested of the licentious Lord Littleton, that he expired at the exact stroke of the clock which, in a dream or vision, he had been forewarned would be the signal of his departure.

It is recorded of a person who had been sentenced to be beheaded

to death, that, instead of the punishment being actually inflicted, he was made to believe merely that it was so, by causing water, when his eyes were blinded, to trickle down his arm. This mimicry, however, of an operation stopped as completely the movements of the animated machine, as if an entire exhaustion had been effected of the vivifying fluid. The man lost his life, although not his blood, by this imaginary venesection.

We read of another unfortunate being who had been condemned to lose his head, that the moment after it had been laid down upon the block, a reprieve arrived; but the victim was already sacrificed. His ear was now deaf to the dilatory mercy. The living principle had been extinguished by the fear of the axe, as effectually as it would have been by its fall. "In Lesinky's voyage round the world, there is an account of a religious sect in the Sandwich Islands, who arrogate to themselves the power of praying people to death. Whoever incurs their displeasure receives notice that the homicide litany is about to begin; and such are the effects of imagination, that the very notice is frequently sufficient, with these poor people, to produce the effect

Tell a timorous man that he will die, and if he has been in the habit of looking up with reverence to your opinion, it may not improbably kill him. Pronounce the sentence with sufficient decision and solemnity, and, under certain circumstances, it will execute itself.

I am no advocate for imposing wantonly or unnecessarily upon the understanding of an invalid, under the pretence of remedying his distemper. Deception is liable to discovery, and when once detected, a man forfeits his future right to credit and authority. By giving hope where it turns out that there was no ground for it, we deprive ourselves of the power, for ever after, of inspiring confidence in those cases where even we have ourselves no suspicion of danger. But by terrifying the imagination, *create* danger, where none had previously existed; by some treacherous logic to reason a man into an illness, or when a trifling ailment is present, to aggravate it into a serious malady, by representing it as already such, is among the basest and the blackest arts of empirical imposture. The practitioner who is capable of such meanness and atrocity, can be compared only to the highwayman who puts you in a state of alarm for your person, in order that he may secure your purse, and who, if he cannot otherwise sufficiently frighten you, has no repugnance to run the risk at least of murder, in order that he may effect his robbery.

If, during a serious illness, a patient hears of the death of some old acquaintance, especially if he be a person of nearly the same age of himself, or affected with a somewhat similar com-

plaint, it will, not so much from sorrow for the loss, as by exciting or aggravating his selfish apprehensions, be calculated to produce an unfavourable effect upon the termination of his malady. Even in ordinary health, the grief we feel for the final departure of a friend may often arise, in part at least, from the unwelcome hint which it gives us of our own mortality.

Another circumstance which has often accelerated death, is the preparation which we make for it in the disposal of our worldly property. Many a man has died of making his will. After having fixed the signature to his last testament, that kind of prelude to the funereal ceremonies, the spirits and strength of the invalid will often be found irretrievably to sink; no food will subsequently nourish, nor medicine afford mitigation to his complaint. Such a fact constitutes a powerful argument in favour of performing this duty to survivors, whilst in a state of health and vigour, when the task will have a better chance of being judiciously executed, and at the same time, without any risk of disturbance or injury to the body or the mind.

EFFECT OF HABIT OF BODY ON THE SENSES.

Authors mention a variety of habits, and are very minute in the description of them; my plan requires I should be short: I divide them only into five; the firm, the sanguine, the delicate, the phlegmatic and the dry.

1st, The *firm* is distinguished by firm flesh and a robust frame. 2dly, The *delicate* is marked by a slender frame, and quick feelings on slight causes; it is opposite to the former, and may be termed the nervous; in advanced life they sometimes become corpulent. 3dly, The *sanguine* is known by a florid complexion, especially in early life, and afterwards ends, sometimes in the second, and sometimes the fourth habit. 4thly, The *phlegmatic* or lax, marked by the flesh being loose and spongy, and the complexion pale and sallow. 5thly, The *dry*, or arid, is known by the frame of the body being lean and spare, and the complexion generally of a dark brown.

The ancients supposed that certain dispositions of mind were connected with the different habits, and the observation is not without foundation.

Every organ of the body has its natural stimulus, by which it is excited or forced to perform its proper office. Thus, the bulk and heat of the blood is its natural spur or stimulus to the heart, by which it is urged to contract upon, and press forward its contents into the large arteries; air is the stimulus of the lungs; food of the stomach; light of the eye; sound of the

ear; odorous bodies of the nose; sapid bodies of the organs of taste; and all palpable bodies of the organs of feeling, or touch. It is worthy of observation that all the organs are not equally affected by the same stimuli: a glare of light, for instance, does not offend the ear, nor strong sounds, the eye; a solution of emetic tartar will not affect the eye, but create sickness of the stomach; and air and blood will disturb this organ, though they are the natural stimuli of the lungs and heart.

Health is often affected, if there is not a proper proportion between the organs and their natural stimuli: for instance, a gluttonous meal distresses the stomach; excess of strong drink disorders both the heart and the brain; and air, which a person of sound lungs can breathe with ease, will disturb an asthmatic person.

The feelings of the organ may be either too great, or depraved; I shall give a few instances. The longings of pregnant women are generally absurd, often vexatious. I knew a woman in this absurd state, who longed for a pair of her neighbour's silver candlesticks: their aversions are sometimes equally whimsical. All the organs are liable to be affected in a peculiar manner. Some cannot bear a strong light; others cannot see in a weak light; this is termed night blindness; and some are said to emit from their eyes a luminous splendour, so as to be able to read in the dark, as it is said of Caius Marius, Augustus, and the celebrated Julius Scaliger.

The sense of hearing is sometimes depraved. A celebrated German Professor was much distressed by sounds, scarcely audible by others. Some smells are very offensive to certain persons, as all perfumes; whilst putrid smells are grateful to others; as is train oil, and rancid fat, to the Greenlanders.

Depravity of taste is not unfrequent.—The garum, prepared of the putrid livers of fishes, was deemed an extraordinary delicacy by the ancient Romans, as is the caviar by the Russians; the Esquimaux prefer putrid fish; and some natives of India cannot relish eggs unless they are rotten.

The sense of feeling has also its singularities and depravities. The celebrated Ann of Austria could not sleep in any sheets coarser than those of cambric; some persons cannot bear the touch of velvet; others of the downy peach; and I knew the captain of a ship of war, to whom the touch of hair was intolerable.

There is also an internal sense of feeling, which has some relation to the sense of touch, but which is more diversified, as every organ seems to have a sensation peculiar to itself. As these sensations are in some too great, in others too weak, and in others depraved, this circumstance contributes very much to

form a difference of habit, and likewise degrees of health. There is but a very thin partition between a pleasant and a painful sensation, and in many respects they are rather relative than positive; thus a man of callous nerves, or who has blunt feelings, is not affected by stimuli, which would be painful to a delicate woman.

I am, however, of opinion, that our faculties, tempers, and dispositions are (in a manner totally incomprehensible by us in our finite state,) intimately connected with our bodily habits, and that every faculty of the mind is equally dispensed to both sexes: my experience has been confirmed by many circumstances, that the fair sex far exceed us in benevolence and goodness of heart; and, from a long and extensive knowledge of the world, I can assert, that the apparent superiority of our sex, in other mental accomplishments, proceeds entirely from difference of education.

It would, however, be unfair to form an estimate on this head, from what we remark in societies highly polished. But among barbarous nations, where the minds of both sexes remain equally *tabulæ rasæ*, we are told by Tacitus, that the ladies often shared the most respectable offices of the state: in short, they were privy counsellors, ministers of state, prophetesses, priestesses, doctresses, ambassadresses; and sometimes led armies to battle.

I am the more inclined to credit this profound historian, as in my various peregrinations, I thought I discovered strong indications in individual females, of a genius for each of these exalted offices; and as to the art of wielding a sceptre, our Queen Elizabeth has not been much exceeded by any of her male successors; not to mention the queen of Sheba, Zenobia, Boadicea, and the late Thalestris of the North.

I have long been of opinion, that discrimination of natural character (for most of the members of polished societies are children of art) seems to depend chiefly on the different states of nervous system. If this hypothesis be well founded, it will account for many phenomena in human nature, and many of the incidents of human life: why, in domestic government, for instance, in one family, a tyrannical blockhead rules with despotic sway over a wife, who has ten times his understanding and merit; why, in another, a petulant vixen domineers over her passive Jerry Sneak; or why the general, by his elevation, has deprived the service of an excellent drill serjeant!

ON THE NECESSITY OF DRINKING AT MEALS.

We cannot help thinking that considerable harm has been

occasioned by one part of the doctrine of Mr. Abernethy, which denies to his patients the use of fluids at meals. To many persons whose previous habits and temperament have been entirely at variance with such a regimen, it cannot but be prejudicial, as all changes indeed must be, when so widely different to previous and long continued custom.

We know from experience, that many persons, who being troubled with indigestion, and having heard or read, that not allowing his patients drink at the time of taking their food was the way in which Abernethy cured his dyspeptic patients, have at once adopted the plan, not considering, of course, the kind of food they were daily consuming, and which absolutely required the aid of fluids to keep the body in health, and which of course, should be supplied whenever nature gives intimation by a craving for drink, whether at meals or any other period, that she stands in need of such assistance. There can be no doubt that persons indulging in animal food, and spiced and highly seasoned viands, frequently feel, upon sitting down to table, a desire for drink, even before commencing their meal; and we have heard many persons declare that they could not have tasted a mouthful till they had first indulged in a draught of liquid. That the liquid swallowed with food does not promote digestion there can be no doubt, but we think it equally absurd to suppose that the liquid taken into the stomach with food *prevents* digestion going on. The hearty meal that is made by some of the labouring classes in London, notwithstanding the immense quantity of porter that they are in the daily habit of consuming during their avocations, is perhaps the best proof that we could at present adduce of the fact that drinking, either at, before or after a meal, cannot in any way materially influence the powers of digestion.

The Cause of Thirst.

The feeling of thirst increases according to the quantity of fluid wanted; and when there is an extensive waste of watery particles, the thirst, or demand for fluid increases accordingly. Dr. Mead says "that besides the saliva, and the natural juices of the stomach (which themselves would soon be exhausted, were it not for the constant supplies of fluid matter,) it is also necessary to take at every meal a considerable quantity of liquid, for the purpose of assisting in dissolving and digesting our solid aliment. Hence those who drink too little, whilst they eat much solid food, are apt to complain of indigestion."

The nourishing particles even of our solid food, can only be conveyed from the stomach into all the different parts of the body in a liquid state. A sufficient quantity of fluid, therefore,

must be taken with every meal, to answer as a vehicle for so essential a purpose, for without a sufficient quantity of liquor taken into the body, the blood would become too thick, the animal functions would become languid, and obstructions and inflammation must ensue, as may be seen by the following

Case.—A gentleman who had lived freely, resolved to preserve his health by a new mode of life. He never drank any thing at dinner but wine; took no soup, or broth, or gravy, but lived principally upon dry meat and dry toast. He took some glasses of wine also after dinner, and died in the prime of life, of an inflammation, which his mode of living had contributed to produce, and which prevented the only remedy that could have saved him, that of bleeding, owing to the scorbutic state of his blood.

The effect of Liquids on the System.

It is also well known that the salts which are constantly accumulating in the body from the food we eat, or the air we breathe, if suffered to remain in the blood beyond what is necessary, must prove destructive; it is by means of the liquid we take, that these same particles are washed away; and likewise a number of putrescent substances, the accumulation of which would be destructive. Hence the use of the urine in contributing to the health of the body, which is thereby constantly freed of saline and impure substances, which if not discharged by that means would shortly prove fatal. Thus, when the body is in a diseased state, the urine clears away still greater quantities of these impurities, and the more the secretion is promoted, the greater the chance of recovery.

Nothing, therefore, we contend, notwithstanding the high authority of Mr. Abernethy, can be more conducive to health or more salutary to the human frame, than liquid food, if the quality be good, and if it is used in moderation. Cooling liquids if taken judiciously, tend to allay the feverish heat of the body;—when too cold, liquors moderately warm are found beneficial in restoring the heat that is required. Liquids are also in themselves nourishing, independent of being the vehicles of the nourishment we derive from solid substances. Even water is found to be nutritious, more especially if it contains calcareous matter. Milk also is nourishing in a great degree, and wine and malt liquors have also that quality.

We therefore see no objection whatever to drinking moderately at meals, nor do we believe that any one ever found real or lasting benefit from resisting the cravings of nature, either for food or drink. She is our best physician, if we would but reasonably follow her unerring dictates.

INSTRUCTIONS TO A LAUNDRY-MAID. BY AN UPPER SERVANT.

As this is not written for the accomplished laundress, but only for young beginners, and those who undertake all sorts of work, I shall not treat on the practical parts of her business, but only give a few general remarks, together with some of the newest and most approved receipts necessary to be known.

Soft water is best for washing, and should be exposed for a few days to the sun, and allowed to settle. Hard water may be softened by laying chalk in the bottom of the wells or ponds; and if boiled, the day before it be used, with some fine sifted wood ashes, and pearl ashes, according to the quantity of water, it will answer extremely well the purposes of washing. Some persons, at a great wash, put pearl ashes tied in a cloth, and let it lie in the water they are to use for washing; and when they boil the clothes, hang the bag with the ashes in the copper. This they do with common water, in which they also sometimes boil wood ashes. It is usual for some servants to soap their clothes well over night, then put them into the copper, and early next morning heat the water; after which they take out the clothes, and so go to washing: but this is a bad method; for instead of loosening the dirt, it fixes it in them if the water should be in the least too hot, and makes it scarce possible ever to clean them. The following is a better method, and wont give half the trouble:—Wet the linen with warm water, and rub it over with soap; then rub the clothes between your hands very hard, and that will loosen the dirt. After that let them lie in hot water till next morning, then wash as usual, and there will be no occasion for more soap till the second lather. Chintz and fine printed cottons should be first thrown into pump water an hour before washing them: and when wrung out of that, let them be washed in strong clear suds; but if there be any fine colours, as blue, yellow, or green, they must not be soaped at all, for that will draw out the colour; nor washed in too hot water. Then wring them out of those suds; and after that, shaking them well, throw them into pump water immediately, for they should not be longer in hot water than they are washing, nor kept longer out of the pump water than they are shaking, otherwise the colours will run. Do them thus till they have gone through three suds; and having then rinsed and blued them, immediately hang them up to dry, not letting any part, if possible, touch one another. Starch them when dry, then hang them up again, and when dry enough for ironing, fold and iron them directly; but let them not lie too

long together. When the colours, with former bad washing, are run into the white ground, wash the cloth in three lathers, but without putting it into pump water. After that rinse the cloth, and then put it into a pail of soft water, mixed with half a pint of the best white wine vinegar, letting it remain there an hour or two, in which time all the colours run into the ground will be discharged, and the cloth look clear and fine.

To wash Thread and Cotton Stockings.

Let them have two lathers and a boil, having blued the water well; wash them out of the boil, but do not rinse them; then turn the wrong sides outwards, and fold them very smooth and even, laying them one upon another, and a board over them, with a weight to press them smooth. Let them lie thus about a quarter of an hour, after which hang them up to dry; and when thoroughly so, roll them up tight, without ironing, by which means they will look as new.

To wash Worsted Stockings.

This should be done in two cool lathers, but there ought to be no soap rubbed on them; after which let them be rinsed well, then turned and folded like cotton stockings, and after that dried and rolled up tight.

Before the laundress begins washing, she should take care that all stains or spots be taken out of the linen. Old soap goes farther than new, and gives a better colour. As soon as the linen is fit for ironing, there should be no time lost; for it is apt to turn yellow by lying damp. Fine linen should not be so dry as coarse, when ironed; and thus it will be stiff, and look like new.

How to make Starch for Small Linen.

Having wetted a quarter of a pound of starch, mixed with a little powder blue, so as it will bruise, add to it half a pint of water, and then pour them into a quart of water boiling on the fire. Stir well, and let the starch boil at least a quarter of an hour, for it cannot be boiled too well, neither will the linen iron or look well unless the starch be thoroughly boiled. After the starch is strained, dip the linen into it, and then squeeze it out. Dip first those things you would have stiffest, but do not rub them in the starch; and as you want the starch stiff or thin, add or diminish. Some put gum-arabic, alum, and candle, into the starch as it boils; but these are prejudicial; and if any thing be added let it be isinglass, about an ounce to a quarter of a pound of starch, for that will help to stiffen and make them clear, but not to be used to laces. A kettle of bell metal is the properest vessel to boil starch in.

To wash Silk Stockings and Handkerchiefs.

Some make a strong lather with soap, pretty hot, then lay the stockings on a table, and with a rolled coarse rough cloth rub them hard, turning them several times from one side to the other, till they have passed through three lathers. Then they rinse them in three or four waters, till all the soap is taken out; and when quite clear, hang them up, without wringing, to dry, with the wrong sides outwards. They take them down when about half dry, and pulling them out with their hands into shape, let them lie some time, and then iron them on the wrong side. Others wash them in two cold lathers, with blue added to the second, and don't rinse, but turn them; then turning them, pull them smooth, press them, dry and roll them up tight. Laying stockings in soak, before washing, spoils their colour.—Handkerchiefs should first be washed in cold water, but never in hot, for that quite spoils them; and then in lukewarm suds; then rinse, pull them smooth, fold and dry them.

To clean cast Ribbands.

First sprinkle them with fair water, and then smooth them out; after which lay them on a carpet or clean cloth at full breadth, and brush them gently with a thin lather of Castile soap; then rub them till they be clean, in water wherein a little alum and white tartar have been dissolved; after which the colours will be fixed in them from further fading; but you must take care to dry them in the sun, and smooth them with a glass slick-stone.

DR. WILSON PHILIP ON INDIGESTION. No. II.

Of Diet.

The diet of the dyspeptic should not only be well chosen but simple. Variety is always an inducement to overload the stomach, and indeed so intermixed are the feelings produced by the calls of hunger, and by the means which please the palate, that, when the desire to eat is constantly renewed by a succession of different kinds of agreeable food, it is impossible to judge when we have received the proper supply.

We have reason to believe, that by such means an actual increase of secretion is produced in the digestive organs, and thus an artificial appetite, if I may use the expression, excited, that is followed by corresponding debility; which, although it may not immediately show itself by symptoms of indigestion, which also is common, at length, in the majority of people, weakens the digestive powers.

The effect of Spirituous Liquors, Wines, &c.

With respect to stimulating fluids, the operation of the most innocent of these seems to be chiefly confined to the digestive organs. The various aromatic waters, ginger-tea, &c., seem only to be objectionable in the same way that other kinds of seasoning are, and we shall find that in certain states of indigestion they are useful, in giving temporary tone to the stomach and bowels.

The most pernicious fluids of this class, it is well known, are those which owe their stimulating property to the presence of alcohol. When taken in considerable quantity, they not only more, perhaps, than any other stimulants, injure the digestive organs; but extend their pernicious effects to other parts of the system, to which, we have reason to believe, they are immediately applied by means of the absorbents.

Like most substances capable of powerfully affecting the animal frame, they possess valuable as well as pernicious qualities; and, were the former of these less eminent than they really are, so general is their use in one form or other, and in most people the habit, which requires their continued use, so fixed, that they seldom can be wholly withdrawn, except in very early life, without doing more harm than good.

All will agree that alcohol, in every shape, is unnecessary to those who are in health, and have never been accustomed to the use of it; and that had no beverage but water ever been known, however we might feel the want of a stimulus, in many cases, doubtless, the most valuable we possess, some of the most fatal diseases we are subject to would have been less frequent; but these are not the questions before us. Our object is to inquire what is best for dyspeptics, as we find them in the habits of society which prevail in this country.

As these habits are such, that more or less alcohol is necessary to support the usual vigour of the greater number of people, even in health, nothing could be more injudicious than wholly to deprive them of this support, when they are already weakened by disease, unless it could be shewn that even a moderate use of it essentially adds to their disease; which, in dyspeptics, we shall find, is by no means the case.

As dyspeptics then, who have been accustomed to the use of alcohol, ought not to be wholly deprived of it, and as, under certain circumstances, it is even a useful remedy, we are here to inquire how far it is found so in indigestion, and how we can best secure its beneficial and avert its pernicious effects.

Of Fermented Liquors.

There appears to be an essential difference in the effects of

alcohol, such as it exists in fermented liquors, and after it has been distilled from them. Both have their inconveniences. So apt is the latter to injure the tone of the stomach, that, were it not that it is necessary for the solution of certain medicines, frequently beneficial in indigestion, we might, without hesitation, banish it from the treatment of this disease; with the exception of those cases, in which all kinds of fermented liquors, which have not been distilled, oppress the stomach, and the patient's habits render the use of alcohol in some form indispensable.

In the fermented liquors which have not been distilled, on the other hand, the alcohol is often combined with substances of difficult digestion, which are particularly felt by the dyspeptic. This is most remarkably the case with malt liquor, of which even the weakest kinds often increase the symptoms of indigestion, and the strongest are among the most indigestible articles of diet. The same objection, though in a less degree, exists with respect to the other fermented liquors of this country. Of these cider is the best, provided the acetous fermentation has not commenced in it. Perry usually contains too much mucilage, and some kinds are very oppressive to the stomach, apparently from this cause. The home-made wines are still more objectionable, being still more apt to run into the acetous fermentation.

The form in which alcohol is most beneficial, and in general does least harm, is that of foreign wines. The properties of these are various, and different kinds suit different stomachs. The astringent property of port wine seems to give it a peculiar tonic power; and if it do not constipate, there is, perhaps, no other wine so well suited to dyspeptics. It should not be drank till of a certain age, the tartar of new port wine being offensive to the stomach. Some dyspeptics find it, as well as the other stronger wines, agree better with them when diluted; and others find the lighter wines, particularly claret, better; while, with others, all the lighter wines, and even port wine, are acescent. Even in these cases, however, the effects of the stronger wines are often improved by diluting them. Of this and many other circumstances in diet, each individual must judge for himself, as there is no rule of general application.

Many stomachs seem to feel the bad effects of the distilled spirits, which, it is said, are added to the stronger wines; for even the most objectionable of all the fermented liquors, which have not been distilled, appears to be less pernicious than any of those which have undergone this process. I have known dyspeptics so sensible to the bad effects of the latter, that they

have felt an increase of debility for several days after drinking a single glass of spirits and water. This does not arise from its oppressing the stomach, it for the time even resists digestion, and that, if the quantity taken be not too great, to a considerable degree, a property indeed which belongs more or less to all fermented liquors, though not in the same degree to those which have not been distilled. It is this unnatural excitement that seems to do harm. It is followed by a corresponding debility; and whatever be the change induced by distillation, there are no facts, I believe, better ascertained, than that the same quantity of alcohol in the form of distilled spirits, although equally diluted, both by its immediate operation gives more temporary assistance to the stomach, and by its secondary effects, hurts it more, than in that of any fermented liquor which has not been distilled.

It is thus that many dyspeptics, whose digestion is disordered by all kinds of wine, can drink diluted spirits. But it is impossible by any addition to make their permanent effects similar to those of wine. Those addicted to wine seem often to be destroyed by excess of nutriment. They become full, often ruddy, at least for a certain time, even robust, and not unfrequently die of sanguineous apoplexy. Those addicted to spirits, on the contrary, generally become pale, often emaciated, and more or less paralytic; and although both are subject to debility of stomach, obstructed liver, and dropsical affections; the latter soonest fall into those diseases, and in them they make the most rapid progress.

A very moderate use of wine can hardly be said to be injurious; we see those who use it in this way, live as long, and enjoy as good health, as those who wholly abstain from it; and to some constitutions, independently of the effects of habit, it may be useful. I believe neither of these observations apply to distilled spirits, although, as already hinted, when the stomach has been greatly weakened by excess, so that it cannot digest any fermented liquor which has not been distilled; the effects of diluted spirits are often less injurious than the total collapse of the system which ensues on wholly withdrawing the accustomed stimulant.

The best thing to be done in such cases is to give no more than is necessary, and that in the most diluted form which is consistent with the debilitated state of the habit. The usual additions of lemon and sugar, which are supposed by many to bring the spirit into something like its state previous to distillation, according to my experience, only increase the evil, by adding to the hurtful stimulant articles of difficult digestion, without at all ameliorating its properties. When it is necessary to

use distilled spirits, I have found it the best plan to let it be as pure as possible, and mix it with nothing but water. I have known more than one instance in which the stomach was even sensible to the difference between coloured and colourless brandy.

Of Tea, Coffee, &c.

Tea and coffee are injurious in another way; they possess a narcotic power, which we have seen, when considerable, is capable of producing indigestion. By many they are regarded as a fruitful cause of this disease, but their effects on the whole have, perhaps, been over-rated. Green tea, and a very strong infusion of black tea and coffee, are injurious to many stomachs. I have repeatedly seen severe fits of indigestion induced by them, always characterized by a greater than usual degree of nervous affection. To many, however, even these, and to most people, a weak infusion of black tea and coffee seem to be innocent. They produce no present bad effects, and where this is the case, I have never been able to perceive any proof of their continued use doing harm. It is remarkable that their peculiarly refreshing sedative effect is generally, in the first instance, felt even by those with whom they most disagree. If drunk very hot, they, of course, produce the effects of other hot fluids, which we are presently to consider.

It is by no means a fair inference, that what produces very injurious consequences in some, must do more or less harm in all. We frequently see articles of diet, and still more frequently medicines, which cannot be borne by one stomach, perfectly innocent to another.

The tendency of tea and coffee to prevent sleep in many people, for even this effect is by no means universal, must be injurious as far as the want of sleep is so. It is generally in those in whom they produce most of this effect, that their other injurious effects are most apt to appear.

There has been some difference of opinion respecting the proper temperature of the drink of dyspeptics. Some, from the present relief obtained from fluids drank very warm, have recommended a high temperature; but the relief thus obtained is, like that obtained from distilled spirits, generally compensated by subsequent debility. When fluids of the usual temperature of the air are too cold for a weak stomach, which is frequently the case, there is no objection to raising them to any degree that does not exceed that of the body; although, when the stomach bears it well, fluids of the common temperature seem rather to have a tonic effect in indigestion. A very low temperature is objectionable. I have already had occasion to observe, that fits of indigestion may be induced in weak stomachs by iced fluids.

In the preceding observations, the impropriety of dyspeptics eating too fast or too much has been pointed out; the due repetition of their meals also deserves particular attention.

Of the Frequency of Eating.

It is evident from what has been said of the process of digestion, that a considerable time must elapse after a tolerably full meal, before the more central parts of the food undergo the action of the gastric fluid; but as we are not prompted to eat till there is some uncombined gastric fluid in the stomach, it is evident, that it is the intention of nature that we should abstain till some time after all the food already taken has undergone the action of this fluid. The accumulating gastric fluid having then no more undigested food presented to it, begins so to affect the stomach as to occasion the sensation of hunger. The recurrence of this sensation, is the proper indication that a due time has elapsed since the last meal.

Now this will be different under different circumstances, so that it is impossible to lay down any rule of general application; but it can never be very soon after an ordinary meal, except where the digestion is more rapid than natural, which sometimes happens. The patient must be careful to distinguish between a real appetite, and a desire to eat what is agreeable, a mistake by which we often see the stomach oppressed. On the other hand, it is injurious to a weak stomach long to bear the calls of hunger.

It has appeared to me that, with the generality of dyspeptics, to take three moderate meals in the twenty-four hours is the best rule. A few, particularly those who are much troubled with a sense of depression and sinking, find four meals better. The last meal should always be taken a little before bed-time, and should never, particularly after the disease has continued for some time, consist of animal food. The dyspeptic should eat nothing in the intervals of these meals. There is no greater mistake than that he should constantly be taking something. This disturbs the natural process, and entirely prevents the recurrence of appetite, a certain degree of which is a wholesome stimulant to the stomach. The stomach by this constant eating becoming more and more debilitated, and every part by sympathy partaking of the debility, the patient wholly misapprehends the cause: and with a view to increase his strength, still increases the frequency of his meals, till he hardly passes a couple of hours without eating. By such a practice, pursued for years, I have repeatedly seen debility of the stomach and a morbid irritability of the whole system established.

DR. MATTHEW BAILLIE'S EXPERIENCE ON SOME DISEASES OF THE CHEST.

I have very little to say either with respect to inflammation of the chest or lungs. The earlier, after inflammation has taken place in the pleura or in the lungs, that blood is taken away from the arm, the sooner will the disease be subdued. Blood should in these diseases be taken away largely, and if necessary should be repeated again and again after short intervals. All other remedies are insignificant in comparison of the abstraction of blood from the system.

When this remedy has not been applied early enough, nor in sufficient quantity, and an abscess has been formed in the lungs, which has burst, patients have, in the greater number of instances that I have seen, recovered but very slowly. Under these circumstances the medical attendant has little to do but avoid mischief. The constitution should be moderately supported, without being too much stimulated. Moderate doses of myrrh, decoction of bark, or infusion of some bitter, are sometimes of use. Light animal diet, and even a little wine, are sometimes useful in such cases, but great care should be taken that no new inflammation be excited.

In the course of my experience throughout many years, I have known a few instances of abscess being formed in the lungs without any previous pain in the chest, or difficulty of breathing, or observable fever. Such patients, upon some exertion of the body, or even without any exertion, have suddenly coughed up a considerable quantity, perhaps half a pint or more, of pus; and this has been to the patient the first intimation of disease. In such cases the inflammation of the lungs must have proceeded so slowly as to have produced little or no pain in the chest, and not to have alarmed the constitution so as to excite fever.

Of Consumption.

In the course of my medical experience, I have known one or two cases of patients who recovered from phthisis which was apparently fully formed. It is probable, however, that with regard to these cases I may have been mistaken; and that if I had inquired with sufficient accuracy into their history, I should have found that they were small abscesses of the lungs, of a common, and not of a scrofulous nature.

I have known a good many instances in which persons threatened with consumption have recovered by going into mild climates, or even into Devonshire or Cornwall; but I do not

recollect a single instance in which they recovered when the disease had decidedly been formed. Change of air should be adopted very early, in order to give it the best chance of success. Such a variety of accounts has been given by patients, and even by medical gentlemen, of the comparative advantage of one place over another abroad, that I have found it impossible to decide which is to be preferred. I am disposed, however, to think that Madeira, the Hyeres, some parts of Portugal, Malaga, Nice, and Naples, are the best. It is very possible that different places may suit better with the constitutions of different individuals; and this conjecture, if well founded, may explain the cause of there being such a variety of opinions upon the subject. A patient should, if possible, spend two or three successive Winters abroad, in order to give the best chance of the disposition to the disease being subdued.

When no active inflammation is going on in the chest in consumption, I have sometimes found advantage from patients being allowed to take a little white fish or light animal food at dinner. In a very few instances I have found benefit derived from their taking one, or even two glasses of wine diluted with water, after dinner; but wine is generally improper.

I have known of no medicine which has been of permanent and substantial use in phthisis; but I have sometimes found a good deal of temporary advantage derived from myrrh, from ammonia, and from light bitters united to the acetic acid. The frequent repetition of blisters, or a seton inserted under the skin in some part of the chest, are occasionally of considerable use.

Of Water in the Chest.

When dropsy of the chest does not depend upon any diseased structure of the heart and lungs, I have found it much more readily affected by medicine than ascites or dropsy of the ovary. Not unfrequently, under these circumstances, I have known water of the chest relieved, or for a time cured, by medicine.

The medicine which I have found most beneficial, has been mercury combined with squills and digitalis. Five grains of the pilula hydrargyri, combined with one grain of the dried powder of squills, and half a grain of the dried powder of digitalis, given twice or thrice a day, have, in many cases under my care, either very much mitigated or for a time removed the disease. There has been some advantage from the mercury affecting slightly the salivary glands. Squills and digitalis are by themselves much less efficacious than when combined with mercury.

I do not recollect one instance of hydrothorax being permanently cured, although I remember a good many cases in which the symptoms were repeatedly removed by the same means in the same patient.

Where the difficulty of breathing has been very great, and the legs and thighs have been much swelled from anasarca, I have known much relief afforded by a scarificator and small cupping-glass being applied above the inner and outer ancle of each leg; and I do not remember any mortification attacking these small sores. The difficulty of breathing in such cases probably depended in part upon the water accumulated in the cellular membrane of some parts within the chest, and this was gradually emptied through the small openings made in the skin of the legs.

WHITLAW AND THE BAYSWATER INFIRMARY.

Notwithstanding what has already taken place to prove the folly of the above Institution—notwithstanding that damages have been awarded in a court of law against Whitlaw, for improper treatment in the very disease he attempts to cure—still do we see this farce carried on; and to give a colour to the thing a dinner was a few days ago given, at which the supporters of this humbug attended, upon which occasion Sir Joseph Yorke, M.P. took the chair! At this meeting, avowedly for the purpose of promoting the funds of the Institution, we should be glad to learn how it happened that no report was read of the cures that had been performed by the charm of this famed American extract? Where were the restored patients Mr. Whitlaw has saved from death, notwithstanding the hostility of the medical profession?—or has that hostility paralysed its virtue! If there have been no cures, why is the asylum continued? why is it patronized by those names we see as Directors, and for what purpose was the dinner given? Sir J. Yorke, the chairman, did not mention a word relative to the success of Whitlaw's nostrums at Bayswater. The lecturer on botany himself said nothing of them, but contented himself with asserting that two children in Marylebone workhouse, who were rapidly advancing to health under his care, had been nearly destroyed by the nurse having applied corrosive sublimate and red precipitate to the wound! “the consequence of which was,” says Whitlaw, “that the children, besides having their flesh corroded to the bone, were nearly losing their lives also, and would have done so but for my assistance!!!

Here is a most direct charge against the physician or sur-

geon, who attends the house, though made in an indireet way. The *nurse* applied the mercurials ! Does Whitlaw imagine that things are managed in so slovenly a way in a regular establishment, that a *nurse* can at pleasure apply this or that. We can tell him to the contrary, if he did not know it before—and that whatever was ordered was by the physician or surgeon, and by no one else, however different the practice may be at Bayswater. We long to hear the result of the investigation that will take place, and we sincerely trust that the value of these same medicines will undergo the most rigid scrutiny, as well as the conduct of all the parties concerned.

NEW AND SALUTARY COSMETIC FOR PRODUCING A FINE
COMPLEXION. BY DR. GEORGE CHEYNE.

Nothing is more agreeable than a beautiful complexion and clear skin—regular beauty itself, when wanting in these particulars, is compelled to yield the palm to an interesting countenance and fine complexion. There is something highly attractive and indescribably pleasing in the contemplation of a youthful face clothed in a fine clear transparent skin—though the features may not be eminently beautiful. The estimation, however, in which a fine complexion is held may be best judged of by the various expensive nostrums daily advertised to improve the skin, which we have no hesitation in pronouncing totally inefficacious. We have much pleasure, however, in here presenting our readers with the following prescription of Dr. Cheyne, which we can recommend strongly for its simplicity and the certainty of its operation. The authority of such a man is of great weight as to its efficacy. Hear what he says :—

“A milk and seed diet is, I can assure the ladies, upon my credit and veracity, the only method known or knowable to mankind, to preserve and improve the beauty, cleanness and sweetness, of the tender and delicate, and is far beyond mercury, which the Georgian mothers give their daughters to improve their beauty, before they enter the seraglios of the great men of Asia. Those young ladies, who are so anxious to preserve their faces, complexions, and shape, that they often endanger their health and lives on that score, will find this regimen far beyond the paint and Spanish rouge and colouring (which always at last destroys the delicacy of the skin, and the natural beauty,) though still so universally practised now for that end. Scorbutic, and biliary constitutions, may for a while look pale, languid, and sallow, under my regimen ; but in time all these mortifying symptoms will vanish, and an inimitable bloom, blush, and

brightness, will succeed, infinitely beyond all the colouring of art or paint. There is no beauty like the bloom of nature in perfect health; such a regimen duly continued, heightens the scarlet of the blood, sweetens and thins it, so that it is able to circulate freely through the transparent scarf-skin in its least and last capillaries and vessels; and at the same time thins, smooths, and renders the cuticle so transparent, that the vermilion blush, and its own natural and healthy whiteness, becomes conspicuous. This I most certainly know, not only from reason and philosophy, but from repeated facts and experiments, having by this regimen, duly continued, recovered, preserved, and improved the beauty of some of the finest women in England. But those who adopt my plan must not be discouraged, if upon short trials the effect is not produced, for at first it may happen quite otherwise: but let them have but patience and perseverance, and I will venture my fortune and life on the success at last.

“Had Agrippina, who every day bathed herself in a tub of ass’s milk, to preserve and increase the smoothness, softness, and delicacy of her skin, made this, or cow’s milk with any kind of meal, her only food, and had fomented the insides instead of the outsides of her vessels, she had accomplished her purpose with infinitely greater efficacy and success. But what need of arguments to prove this fact, since every one’s senses can witness to the beauty and comeliness of healthy young children, and dairy-maids, who are fed mostly after this manner?”

INJUDICIOUS TREATMENT OF THE SICK.

Nothing can be more ridiculous—more detrimental—or more likely to prove fatal than the way in which officious friends endeavour to injure the sick, by cramming them with what they foolishly call *nourishment*. A person is no sooner taken ill, and confined to bed, than it is “what will you take—what would you like?” as if the disorder was actually to be removed by tickling the palate, instead of, in general, observing the most complete abstinence. In health even, our greatest enemy is our stomach, we cram it to a surfeit, and we are in consequence made to feel the effects of our imprudence by the derangement of the system; and when we are no longer able or willing to continue the error, our friends readily step forward to aid us in the work of folly.

We once knew an instance of a patient suffering under a severe inflammation of the bowels, and who of course was debarred the use of all solid food, reduced to the last extremity by

a friend conveying food to him unknown to the nurse; and we have no doubt there are many instances of the same kind daily practised. It is in this manner, also, that children are often made to suffer unnecessarily; they are petted and stuffed with sweetmeats and other trash by their parents, who adopt that method of proving their affection; they are made sick; it then becomes necessary to have advice, and though the cause of the malady is explained, and the necessity for rigid abstinence is made manifest, yet still do they pertinaciously persist in the system of cramming. If the child happens to have a strong constitution, it may recover a treatment of this kind—if not, the result can easily be imagined. And yet this is called attention, care, anxiety, parental fondness, and a variety of other nonsensical appellations. We call it madness; and would guard our readers most strongly against the imprudent indulgence in so selfish a gratification, and the unnecessary and cruel experiment upon the health of a helpless being.

ON THE MODE OF APPLYING LEECHES.

To apply leeches successfully, it is essential that the patient's skin be perfectly clean and soft; and as commonly a lotion has been used to the part before the leeches are employed, considerable attention is often required before this can be washed entirely off. Hot water with soap must first be used, until the part is clean, and then the soap must be carefully removed by means of pure water.

When the skin is in this state, leeches will bite very readily when they are fresh and hungry. The best mode of applying them is to let the leech crawl on a dry piece of linen for a little time; or better, if it have been kept in a vessel without water for some time beforehand, then to take it in a bit of soft linen between the thumb and finger, and when it projects its pointed mouth from between the folds of the linen, to direct it to the spot intended for it to act on.

In this way the leech will generally fasten at the first touch, and it will at all events fasten more readily, since it is prevented from covering the skin with slime, and thus sheathing it from its own bite and that of other leeches.

The most skilful applicers of leeches use this method, and they gain celebrity by thus throwing them on the part, as some of them express it.

Another way is to put the leeches into a wine-glass or pill-box, and then to invert the glass or box on the proper part. This method does not answer when the leeches are not lively,

for they will fix on the sides of the vessel, so as not to be again made to touch the skin.

This difficulty may generally be obviated by putting more leeches into the vessel or vessels than are wished to be applied, and removing them when the proper number have adhered.

In cases of difficulty, it is often advantageous to cover the part with cream or milk; or better, to touch the head of the leech with a drop of vinegar; or to make small incisions in the skin, (of the operator perhaps, if the patient be a sleeping child) by means of a lancet; or, if one leech have adhered, to take it off again, and use the blood, to entice others to do likewise.

Mr. Thomson says, in the London Dispensatory, that a leech may certainly be made to bite on any assigned spot, by putting it into a quill which is open at both ends, and after placing the end containing the leech's head on the part, stopping up the other end by means of the finger. This information is valuable, at least if the plan prove generally successful, in cases where leeches are required close to an important part, as near the eye, or on the gums, &c.; but it is to be feared that the quill would be as likely to fail as the common leech-glass, both being used on the same principle, and the latter being confessedly an ineffective instrument.

The pain of biting generally ceases in a short time after the leech has adhered; but if the patient be so placed as that the leech hangs as it were from the point of adhesion, the pain is in some individuals increased and continues till the leech falls off.

Leeches should not remain on the part for more than ten or fifteen minutes; if they do not then fall off, it will be found they have been sluggish and are not full, and the same thing will be shewn by the want of that vermicular motion on the neck of the leech, which is so perceptible when it draws vigorously. In these cases, it may often be made more active by touching its head with vinegar.

As it sometimes happens that leeches when indolent, will thus remain on the part for hours, it is better to remove them if they are indisposed to suck. This may be done by the application of a very little salt to their heads, and as the after-bleeding is generally more advantageous than the drawing of the leech itself, very little loss is sustained by removing them before they are filled with blood.

The Treatment of Leeches after their removal from the Skin.

Great waste is occasioned by unskilfulness in attending to leeches after they fall off. By proper care, they may be made to act again and again; for, when it is considered that blood is

the natural food of the leech, it must follow, that some fault in our treatment causes their death, and not their having made a hearty meal on food that is natural to them.

It may happen indeed, that the blood in certain states of disease acts as a poison, and destroys them; many persons having stated that they fall off dead, in some cases, before any application is made to them; but this is at least problematical, and perhaps unlikely.

The common practice of covering them with salt is almost always destructive; and, even by sprinkling a small quantity on their bodies, if death do not follow, it generally happens that the leech is blistered by the salt, and made incapable of acting again for a considerable time.

Squeezing out the blood is better than the application of salt in any form; but the best mode is to touch them with vinegar, which, if sparingly applied, will make them vomit, so that they may be re-applied again immediately, even to the third or fourth time, or by returning them into clean water, be ready for another occasion.

When leeches are treated in this way, and especially if they be allowed to keep perhaps a fourth part of the blood which they have swallowed, they are not only capable of acting repeatedly, but in skilful hands may be made to grow to an immense size.

Under one gentleman's care, a set of leeches were in this way preserved for a great length of time, and at last they grew to the length of nearly eight inches. It was want of care that destroyed them even after all this. These leeches were not once emptied of their blood, and yet they often were used again at an interval of only a few days.

It is an erroneous idea to suppose that leeches die if they be not emptied of their blood; the only inconvenience of permitting them to retain it all is, that they then remain inactive, and incapable of being used for a longer time than if treated differently.

The Mode of Encouraging the Bleeding after the Leeches have fallen off.

This is generally done by covering the bites with sponge or cloths wrung out of warm water. In many cases this is a very good plan, because it subjects the part to a useful kind of emollient fomentation; as when the leeches are applied for local external inflammations, such as of joints or other parts, or to tumours.

In other cases, however, this fomentation is not so useful:

as when leeches are applied to the head for the headache, or for the hydrocephalus of children. On such occasions it is a good plan to bind a napkin round the bleeding part, and change it as often as it may be necessary; or in hydrocephalus, to resume the use of any cold application to the head, which will generally form part of the treatment.

It is true, that by so doing, the bleeding is sooner stopped; but this difficulty is obviated by applying more leeches in the first instance, which will secure the proper quantity of blood being drawn, and at less trouble to the patient. The difficulty of stopping the bleeding of leeches forms no objection to this plan, because with very moderate attention the bites of leeches may always be commanded.

Another method of encouraging the bleeding of leeches, is to apply a warm bread and water poultice over the bites, and change it once in about five minutes. This answers very well, if care be taken not to apply the poultice too hot; for it often happens, that the bleeding of leeches is in this way prematurely arrested.

When it is desirable to take away as much blood as possible, and the part will admit of it, a cupping-glass applied over the leech bites will increase the bleeding very much. Of course, this plan is not applicable when the leeches are used for external inflammations: indeed, in such cases, leeches are particularly valuable, because cupping cannot be resorted to.

The Mode of stopping the Bleeding of Leech bites.

The bleeding of leech bites is very uncertain, the orifices often closing soon after the leeches have fallen off, so that but little blood is obtained; whilst they will as often continue to bleed most profusely for many hours, and in this way either endanger the life of the child, to whom it generally occurs, or reduce him to a state of great weakness.

On more occasions than one the writer has seen this happen, and cases are recorded, in which death has followed the application of even a limited number of leeches.

Medical men generally calculate on the continuance of bleeding for three or four hours; but they are often sent for in a great hurry to calm the apprehensions of the patient's friends by closing the oozing orifices. These apprehensions are generally unfounded; but, in almost all cases, it is found, that from ignorance of the proper mode of stopping the bleeding, the nursery is a scene of confusion and helpless terror.

Practitioners often smile on these occasions, in wonder that it should not sometimes occur to an unprofessional person,

that a finger placed on each of the leech bites will command the bleeding for as long a time as it is held there; and that thus all apprehension may be, in every instance, calmed in a moment. But no; the fright of the moment takes away all reasoning power, the child is covered by bundles of cloths or a mass of flour, or hat fur, or other similar substances, from under which the blood issues in defiance of means so inefficient.

Neither hair-powder, nor flour, nor the fur of hats, nor other applications of that kind, will be of the least avail, where the bleeding is so violent as to require to be restrained by artificial means. There are, however, numerous modes of restraining bleeding from leech bites, several of which are at the command of every one.

A finger placed on the orifice commands the bleeding, as is stated above; but as the blood in drying glues it to the skin, the bleeding generally recurs, on account of the violence necessary in removing the finger; or it is inconvenient to hold it there long enough, permanently to close the orifice in the bleeding vessel.

It is easy to turn this glueing property of the blood to good account. A lady had a leech bite on her temple, which bled profusely, in spite of the skilful application of caustic, which is in almost every case effectual. A bit of rag, half an inch square, was placed on the leech bite, care being taken, that the part was at the moment as free from blood as possible. This bit of linen was held on by the finger. In about five minutes it was found that the blood had glued the linen to the part, and as sufficient blood had not been allowed to collect underneath, to wet the linen through and thus fasten the finger to the linen, the former was removed, the linen remained, and the bleeding did not return.

Mr. Abernethy's Plan.

This method has been repeatedly used successfully since that time; and it seems, that Mr. Abernethy teaches his pupils to stop the bleeding of leeches in the same way. Mr. Abernethy uses lint instead of linen; this is an improvement, for as the lint is thicker than the linen, it is almost impossible for the finger to be glued to the former; thus obviating the only cause of failure, in restraining the bleeding of leeches by this mode.

The application of lunar caustic is a very effectual mode of arresting the bleeding of leeches; but it requires to be used with great care, otherwise an unsightly mark will be left behind, and the surrounding parts will be injured by the spreading of the caustic to them. The piece of caustic should be tied in a

quill, and sharpened to a fine point, by rubbing it on a rough sand-stone. The point is then to be introduced into each orifice, and held there for about five seconds. The application may be repeated if necessary. A black scab is formed, which falls off in a day or two.

Even vinegar, when applied to the wounds, will often be sufficient to stop the bleeding; but the aromatic Thieve's vinegar, will be effectual in almost every instance. This latter plan, however, should not be resorted to, unless the others, above recommended, fail; for it gives pain, and requires care in the application. The best way is, to take up as small a part of a drop as possible, on the point of a blunt stocking-needle, and insert the point thus armed into each orifice.

A needle's point may also be used the same way, when armed, by dipping it wet, in a little powdered lunar caustic.

Powdered alum will often answer very well; and powdered emetic tartar very certainly.

Another plan still remains, which although it will never fail, need not be resorted to in any case. Heat the pointed end of a small needle by holding it in the flame of a candle, and bend it into a small semi-circle. Pass this through the bleeding orifice, and wrap thread round it, as is done round the pin which is used to secure the vein when horses are bled.

It will perhaps be useful to add, that leech bites cease to bleed naturally, by the extravasation of blood under the skin, which, by coagulating, closes the orifice in the bleeding vessel. It is not known why these bites bleed so very much more copiously, than similar wounds made in any other way. The question is a very curious one.

ADVICE TO MOTHERS IN THE NURSING AND MANAGEMENT OF CHILDREN. BY W. P. DEWEES, M.D.—No. II.

Nourishment, and this derived if possible from the mother, is all that a new-born child requires; and it does not happen once in a hundred times, that the mother is not in every respect competent to this end; especially if she have previously discharged the duties of one, by paying a proper attention to her health. It rarely happens that the child does not find more than is absolutely necessary to its sustenance; therefore, it were preposterous to furnish it with more.

The reasons which are assigned for giving the child other nourishment than the mother's milk, may be divided into the relative and the absolute. The relative are—1st, The fear of weakening the mother; and 2d, Convenience. The absolute is,

the mother not furnishing a sufficient quantity, or that of a proper quality. It is therefore said, first, that the child should be fed to spare the mother. How spare the mother? If she furnish more than the child can consume, or only as much, how is the mother spared, by satisfying the child's appetite by other means? The milk is secreted in the breasts, by taking so much material from the general mass of blood; and all the consequences which can happen by that deduction are already experienced in its formation. Therefore the woman is no more weakened by the child's taking it from the breasts, than if it remained in them to be absorbed from them; or in other words, the woman will not be strengthened by permitting it to remain undisturbed in them.

Of feeding the Child.

2d. Convenience—it is said the child should be fed early, that it may become accustomed to it, in case the mother should be sick, or should wish to go out, or to leave it upon any occasion. But we say, “sufficient for the day is the evil thereof;” and that the child should never be subjected to a certain evil, to guard against a contingent one; for should the mother be ill, and suffer a diminution of milk, the child can then be taught to feed as certainly when feeding may be useful, as when it is not required. Therefore, there is nothing gained by this anticipation; but there may be something lost. And considered as a convenience, when the mother may wish to leave her child, it is both a cruel and an unnecessary one; cruel, because it will tempt a gossiping mother to neglect her dependent child; and unnecessary, because a child that is governed by a well regulated system of nursing, can never suffer by any proper period of absence of the mother.

Of partial artificial Nursing.

The absolute reason for feeding the child, namely, the mother not furnishing a sufficient, or a healthy supply, is the only one which should be considered as obligatory. Such cases, however, present a choice of means: 1st, where the mother may continue to suckle her child, aided by artificial means; 2d, where she is obliged to use entirely artificial means; 3d, a wet nurse.

We have always considered it best, when there is such a reduction of the mother's milk as that it will but imperfectly nourish the child, to aid this scanty supply with a preparation of cow's milk, water, and sugar. This may be administered to the child in one of two ways: 1st, by the spoon; 2d, by the bottle. We should, however, never recommend the first, if the second can be enforced; and for the following reasons: 1st, it is al-

ways less cleanly, as the child's breast is almost always wetted in the attempt; 2d, the child is always fed lying down, and consequently, there is some risk of strangulation; 3d, the temperature of the fluid about to be administered may be so high as to do injury to the child's mouth and throat, by burning; 4th, there is a constant temptation to improve the victuals, by the addition of flour, &c.; 5th, by the food being previously made to pass through the mouth of the nurse before the child receives it; 6th, by this method the child loses the advantage of the admixture of its saliva, with the food it is receiving. Therefore, we consider the second plan as always best when it can be adopted.

Kind of Food proper for Infants.

It may be asked, would we confine the child, who is in part artificially nourished, to the diet just mentioned, until the period of weaning? We would say, No—we would permit the addition of barley water, of gum arabic water, of rice water, or a small portion of arrow root, after the fifth month, in cool weather, should there be a predilection in their favour; but up to this period, and in hot weather, we believe the simple diet above mentioned the most proper; especially as the stomach gets a habit, if we may so term it, of digesting articles with ease, by becoming familiar to them; hence the propriety and importance of confining the child to the mother's milk, whenever this shall be practicable.

The articles of food administered to the child by the artificial plan should be as little varied as possible, for the reason just stated; and also because each article has its period for digestion; it will therefore follow, that some may be of such difficult solution as to be productive of much mischief. Much care is also required to preserve the artificial articles in a perfect state, as we have already noticed; and the directions given at that time should be strictly adhered to, that the stomach may receive nothing in an altered or partially decomposed state. Besides, is it not folly to change that substance which agrees perfectly well with the child?

The proper Period of changing the Food.

It is often asked at what age will it be proper to make a change in the diet of the child, by giving it a portion of animal food? This question must be answered by referring to a principle, and not to a period of the child's life, marked by a lapse of any number of months. Nature has declared by the formation of the teeth, and by the organization of the stomach, that man is a promiscuous feeder; and that a due mixture of vege-

table and animal matter is essential to his best and most perfect well-being. The question now narrows itself by asking, by what sign shall it be known when a change of food can advantageously be introduced into the human stomach? If the cutting of teeth shall mark the proper period for changes, (as we believe it does,) it will at once be seen it cannot be fixed by dates, since the cutting employs from the third to the eighteenth month, or even longer sometimes. And it would seem to follow from these premises, that animal food cannot be given with propriety, even in small portions, to a child, before the system has protruded the grinder teeth; therefore we would say, as a general rule, it would be improper before that event had taken place.

After a child has got its grinding teeth, its food may be a little more varied, as well as more substantial; yet it must consist principally of milk, in which grated biscuit may be stirred; well baked stale bread, rice flour, or arrow root; and occasionally a little animal food in substance may be given, provided it be previously well divided; or it may be used in the form of broth or tea. After the eye and stomach teeth have come through, the child may be indulged daily, but only once a day, with solid animal food, which has been either boiled or roasted; as any other mode of cooking it is exceptionable.

Of Animal Food.

Though the occasional and moderate employment of animal food may be sometimes necessary, from peculiar circumstances, after some teeth have made their appearance, yet the quantity and quality are not matters of indifference. It should never be given, in such quantity, in a solid form, as to make it a meal; as the stomach most probably will be unable to manage so great a bulk; and certain it is, the exigences of the system cannot require it. The most proper mode to exhibit it is in a fluid form; such as beef, mutton, or chicken tea, without any mixture of vegetable juices. These teas should be given at such intervals, and in such quantities, as the deficiency of the mother's milk, or the situation of the child, may render necessary; or as a change of food may be judged important, from the number of teeth; or when the advancement of the age of the child may seem to require this additional stimulus, without such a failure on the part of the mother.

Regular periods, or nearly so, should be observed in exhibiting the animal juice, that they need not interfere with the digestion of the milk the child receives from the mother; therefore it will always be best to give them at stated times, taking care to let it be received upon an empty, or nearly an empty stomach, especially when this change is commencing; the rea-

son for this is to ensure to the newly introduced substance the full powers of the stomach.

Sleeping at the Breast.

It is a common practice with many mothers to permit the child to go to sleep at the breast. This should always be avoided when possible; for the fear in which this practice originates is purely chimerical, namely, that the child may suffer during the night for want of nourishment. The frequent taking of the breast is entirely a habit, and one that is calculated to do mischief; as both the rest and digestion of the child are interrupted, to say nothing of the unnecessary fatigue to the mother.

At this period also, that is, after a number of teeth are cut, the child may very profitably be indulged in the use of butter. Small pieces of good stale bread and butter may be given several times a day; the butter should, however, always be of the best quality; and unless this can be ensured, it is decidedly best it should not be given.

Strong prejudices are entertained by some against the use of the last named article; so much so with a few, that it is entirely prohibited to young children, and sometimes even to older. The fear of butter originated in unfounded premises, and in absurd deductions. It is said, that in this climate, especially in warm weather, our diseases are almost all of a bilious character—butter is bilious; therefore, butter favours this dangerous tendency of the body. This absurd logic appears to be the sum of evidence against the use of this delightful and highly useful substance.

Of Potatoes.

Most people are in the habit of giving the potatoe to children of the age we are now noticing. The propriety of this, in our opinion, is very questionable; and we think its use should not only be very limited, but given with great caution. We have oftentimes witnessed very distressing results from the too free use of this vegetable; and especially when it has been given, as it too frequently is, mixed with the gravy of meat. We have seen many instances of indigestion, cholera, colic, and sometimes even convulsions, succeed a too free indulgence in this article. If the potatoe be used it should always be well mashed, with a little hot milk, a small piece of fresh butter, and a little salt. This is the most unexceptionable mode of using it; and even this should be given in small quantities at a time, and only to children beyond the ninth month.

[*To be Continued.*]

TO PREVENT STOOPING—DANGER OF THE USE OF INSTRUMENTS.

To root out an old prejudice, or to combat successfully a generally received opinion, however erroneous it may be, is no easy task. Dr. Buchan it was who in this country mainly contributed by his writings to procure for the rising generation the free use of the limbs in infancy, instead of the torture of swaddling and bandaging which the poor little helpless wretches were previously doomed to suffer, and which would have been continued to the present day had his philanthropy and philosophy not stepped in to prove its folly, inutility, and cruelty. Thank heaven, that precious custom is now entirely exploded, but still there is a leaven of the old system remaining, which must also be rooted out. We mean the torture to which young girls are put by the use of screws, straps, boards, belts, and irons, for the purpose of giving them a fine shape and graceful carriage. Many a mother, we are satisfied, would at this moment shrink from the very idea of being guilty of the cruelty of swaddling her infant, who yet would consider herself justified—nay her conduct highly meritorious—in putting that very child, when she has attained the age of fourteen or fifteen, to the torture of all the fashionable inventions for *distorting* the shape and rendering the figure unnaturally stiff, or what more generally happens, crooked, from a mistaken notion that it will add to the symmetry of her figure, and the elegance of her carriage.

Thus it is, that for every trifling defect that appears in the figure of the young female, and indeed more frequently when no such defect exists, the aid of instruments are required, by way of prevention, we suppose, and for the most part they are productive of the very evil which they were intended to prevent or remove. We shall endeavour to give one or two rules; founded on philosophy, for the amendment of defective shape arising from habit, those which have their origin in disease we will endeavour to point out in a future Number.

To Cure a Stoop.

The habit of stooping is easily got in the youth of both sexes by various means, but we will endeavour to point out an easy and safe method of cure without stopping to enumerate the causes.

That we may be more clearly understood, it may be necessary to premise, that the part of the back formed by the ribs is not a flat, but rather a round surface, and as the shoulder blades rest on

this, they would fall either forwards or towards the spine, were there not some means of keeping them in a proper position. They are most disposed to fall forwards; for although the collar bones appear to hold them back, these bones are united to the breast bone by a movable joint; and as the weight of the arms operates principally on the anterior angles of the shoulder blades, both the collar bones and the shoulders would fall forwards were it not for the action of several strong muscles which pass from the spine to the shoulder blade. But these muscles may be destroyed by any contrivance which supersedes their use, which the back-board most certainly does; for if the shoulder blades be brought close to the spine by the straps of the collar, and kept constantly so, there can be no use for the muscles which *ought* to bind them. They must, from want of exercise, waste and become useless or nearly so, while those on the fore part of the chest, being excited to resistance, will increase in power; and whenever the collar is removed will drag the shoulders forward, while the relaxed muscles behind will give way in an equal degree, having been so reduced in tension by want of exercise, that they become inert and yielding. We should therefore recommend, that instead of a person who stoops putting on a back board, and bracing back the shoulders, thereby increasing the evil, that they should endeavour to increase the power of the muscles behind, by resistance; and we cannot illustrate our meaning better, perhaps, than by suggesting the practice of carrying a weight in front, suspended by a strap from the back of the neck, in the manner of the Turkish Jews who frequent the streets of London, and whose erect figures are, in some measure so many proofs of the correctness of our view of the subject.

An eminent surgeon related to us the following anecdote, which we conceive may be useful to many of our readers:—

“He was consulted by a gentleman, who is now one of our first tragedians, as to the best mode of correcting a stoop which he had acquired. Our friend told him that neither stays nor straps would do him any essential good, and that the only method of succeeding was to recollect to keep his shoulders braced back by a voluntary effort. But the tragedian replied that this he could not do, as his mind was otherwise occupied. The surgeon then told him that he could give him no farther assistance. Shortly after this conversation, the actor ordered his tailor to make a coat of the finest kerseymere, so as to fit him very tightly when his shoulders were thrown back. Whenever his shoulders fell forward, he was reminded by a pinch under the arms, that his coat cost him six guineas, and that it

was made of very fragile materials ; being thus forced for the sake of his fine coat, to keep his shoulders back, he soon cured himself of the stoop. My friend was much obliged to him for the hint, and afterwards, when consulted whether young ladies should wear shoulder straps, permitted them, on condition that they were made of fine muslin, or valuable silk, for tearing which there should be a forfeit."

TO REMOVE SCURFINESS OF THE HEAD IN CHILDREN.

Children within the month contract a dark coloured scurf, especially from the top of the forehead to the back part of the head. It usually commences near the anterior fontanelle or opening of the head, and gradually spreads itself, until it covers the whole crown. It acquires a considerable thickness, and will sometimes be thrown off in large flakes, or be frequently removed by rubbing, in consequence of its itching.

As this complaint (if it may be so termed in its commencement) originates from a neglect of cleanliness, it should be removed, after it has occurred, by suitable means, or be prevented by proper precautions. If it be neglected, this now inoffensive scurf may degenerate into a real disease, and require time for its removal. The proper plan of management will consist, 1st, in its prevention ; and 2d, in its cure after it has taken place.

To prevent this, all that is necessary is to have the head of the child regularly washed every morning with water, or with a little fine soap and water ; to have it well wiped and dried with a fine cloth ; and then brushed with a brush, of sufficient stiffness to penetrate to the skin ; and not to have the caps of the child of too thick a material.

2d. After the incrustation is formed, it should be rubbed with sweet oil or fine lard at night, and washed off with a strong solution of borax and water—that is, in the proportion of an ounce of the borax to three half pints of boiling water.

The borax water should be a little warmed, before the head is washed with it ; and this repeated daily until the scurf is removed. After the scurf is removed, the part should be washed daily for a few days with the solution of borax, which will effectually prevent its re-formation.

Should, however, the skin beneath the scurf be inflamed, or yield a purulent discharge, the parts should be regularly bathed every morning for about a quarter of an hour, with very thin gruel made of oatmeal, which will be found exceedingly efficacious in its removal.

We have seen this scurf attempted to be removed by simply

washing and combing the head. We do not approve of this plan, as the fine comb, which is always employed, frequently produces so much irritation as to increase the disease. A brush is the most proper instrument for this purpose, as just suggested.

STOMACHIC APERIENT AT THE "TURN OF LIFE."

When the patient is subject to headache, giddiness, or confusion of head from a preternatural determination of blood to the brain, the following will be found to be an excellent remedy:—

Take of extract of liquorice half an ounce,
 subcarbonate of potass, two scruples,
 socotrine aloes powdered, half a drachm,
 Turkey myrrh powdered,
 hay saffron, of each one drachm.

Mix, and boil in a pint of water, till reduced to three quarters of a pint, then strain and add

Compound tincture of cardamoms, four ounces.

Dr. JAMES'S POWDERS.

The following will be found to be an excellent substitute for these powders, which, from their high price, are frequently unattainable by many persons.

Take of antimonial powder, five drachms,
 precipitated sulphuret of antimony one and a half drachms.

Mix well together.—The dose for an adult is five grains.

FLUOR ALBUS [WHITES] AND UTERINE HÆMORRHAGE.

Dr. Hufeland, in his Journal, has published some cases of uterine hæmorrhage and fluor albus, which have been cured, after resisting all the general remedies, by the following recipe:—

Take of decoction of rhatany, a wine-glassful, three times a-day.

The late Dr. Clarke was also in the habit of prescribing this medicine as a tonic, and Sir H. Halford also found it more beneficial in female discharges than most other tonics.

CAUTIONS TO OFFICERS AND OTHERS ABOUT TO RESIDE IN THE WEST INDIES. By Dr. W. WRIGHT.

The number of our countrymen who fall a sacrifice to the unhealthy climate of the West Indies, which no doubt in a great measure originates in an entire ignorance of the dangers that await them, induces us to point out a few circumstances which, if attended to carefully, will render the situation of strangers less hazardous than without that knowledge.

1. On landing, keep out of the heat of the sun ; or, when out of doors, use an umbrella. For some time, walk at leisure, and take no violent exercise in the heat of the day. *When a man is fatigued, sickness is at hand.* In other words, he is liable to a remitting fever, to receive contagion from human subjects, or from miasmata, arising from salt marshy grounds near the sea.

2. As forts and garrisons in the West Indies are on the low lands near the sea, they are generally unhealthy. If you have a choice, take a house on a rising ground, remote from swamps, and well clothed in timber trees and succulent plants.

3. Riding is a healthy exercise, especially before breakfast : and sea-bathing is saluary ; but remember, *never to bathe, when you perspire, or when cold ;* and you ought not to stay above one minute in the water at a time.

4. If at any time you are caught in a shower, keep in motion until you get to your own house, or that of a friend. Then get a complete shift of clothes to put on ; after stripping, let your skin be well wiped with a dry towel : but by no means rub the body with rum, as by it the pores are constricted, and a fever may be the consequence. The best cordial, in this case, is a warm bason of tea, coffee, chocolate, or broth, according to the time of the day. As you value your life, abstain from warm toddy, punch, or negus, unless this last is very weak.

5. There are a number of excellent fruits in all the islands ; take care they are fully ripe, and eat little of them at a time, in the morning or afternoon.

6. Strangers are much tormented with mosquitoes, but after some time pay no attention to them. Be sure, at night, to draw down the mosquito net close all around, and brush it well inside with a large towel, to kill such mosquitoes as may still be there.

7. Chigres are a species of flea, that burrow into the feet and toes ; at first they occasion an itching, and then a little red lump, which becomes painful. A negro is the best hand to pick them out ; and a little snuff may be put into the cavity.

8. In a well-regulated regimental mess, no one sits long after dinner ; an officer's duty will not admit of it ; he is either on guard, or at the evening parade. He need never want amusement or exercise ; in his quarters, he may have books, musical instruments, or employ himself in drawing ; and if he has a turn for natural history, so much the better ; he will find ample subjects for his purpose ; in all the islands the scenery is new and beautiful, often magnificent and grand.

It may be proper to add, that both in the East, and in the West Indies, the frequent use of the warm bath, at a tempera-

ture of 90° to 96° of Fahrenheit, ascertained by a thermometer, cannot be too strongly recommended.

NEW REMEDY FOR NERVOUS HEADACHE. BY DR. ORFILA,
OF PARIS.

The celebrated Dr. Orfila, of Paris, has published a case of intense nervous headache, which was cured by the extract of stramonium. The subject was a lady of thirty years of age. The pain in the head was so severe as to prevent sleep, and to render her incapable of attending to her affairs. It generally continued for three or four hours, with an intermission only of about thirty minutes. The digestion was bad, but the other functions of the body were not disordered: local and general blood-letting had been tried in vain. One grain of extract stramonium was given every morning for four successive days: no relief following, the dose was doubled on the fifth; and in four hours after, all the symptoms of poisoning by stramonium were apparent. The face was of a purple red colour, and swollen; the eyes projected; the pupil dilated; eyelids half closed, and vision nearly lost; hearing impaired; muscles of the lower jaw, lips, right arm, and leg, convulsed; left side completely paralyzed, and intellect singularly disturbed; continual incoherent stammering, weeping, and other expressions of dreadful suffering; deglutition light and hurried; temperature natural; cold sweats only in the paralyzed foot. Ten leeches were applied behind the ears, sinapisms to the feet, injection of common salt and vinegar administered, and vinegar and water given internally. An emetic was not prescribed; the symptoms, indicative of absorption, proving that the poison was no longer in the intestinal canal. The phenomena now gradually subsided, and the paralyzed limb began to execute slight movements. About midnight another, but less violent attack, relieved by antispasmodics: weakness and indistinct articulation only remained, and the headache never recurred: in nine days the patient was perfectly restored. The violent operation of the stramonium is, in this instance, referred by Orfila to some peculiarity of constitution in the patient; since it may commonly be administered, without inconvenience, in a dose double that which produced such violent effects in this instance. The case occurred in Minorca; and most of the poisonous plants possess greater energy in this and similar climates than in more northern latitudes. And again, the inhabitants of the South are endued with a peculiar susceptibility, which renders them more sensible to the action of powerful medicines. However it be, the fact of a very intense headache having been speedily removed by the stramonium, is worthy of record.

GOURMANDERIE FOR MAY.

“ Like a coy maiden, Ease, when courted most,
 Furthest retires—an idol at whose shrine
 Who oftenest sacrifice are favoured least,
 The love of Nature, and the scenes she draws
 Is Natur’s dictate———

COWPER.

None could know better than the poet, as far as experience will teach, the necessity that exists for exertion in the pursuit of health; it was to the beneficial effects of exercise, indulged in the open air, and in contemplating the varied and luxuriant beauties of Nature, that he was enabled to enjoy what little of mental and bodily vigour remained to him—the wreck of a shattered constitution. To those, therefore, who may be suffering under nervous irritation, from whatever cause it may proceed, we most strongly recommend in this the “merry month of May,” that they renew, refresh, and regenerate their strength by indulging in healthy exercise, taken in the open fields, where the invigorating odours of nature seems to pour balm into the frame—to exhilarate the spirits and to restore the shattered and languid nerves to their healthful tone. By exercise the tide of life too ebbs and flows in most delightful current—the muscles are braced and elastic—the heavy eye is lighted up, and no longer lours in sullenness or sadness; spleen, vapours, petulance—all—all are routed, discomfited, and driven headlong down. May, enjoyed, as it ought ever to be, in walks, rides, and excursions, will prove to the invalid more fruitful in health than all the drugs that all the physicians from Hippocrates downwards ever prescribed. There is a canker, however, which sometimes takes possession of both mind and body, which we must endeavour to guard our readers against, and which would utterly prevent the enjoyment we have been pointing out—we mean

Languor.

If we consult observation, we shall find that no idler ever attained to a great age, and those who have been distinguished by their longevity were all men whose lives had been extremely active and laborious.

Mental idleness is hurtful, as well as bodily; and we now come to a mean of shortening life, which perhaps our readers did not expect, because it apparently makes the time appear to us so long:—Let us examine the physical effects of this languor or *ennui* a little closer, and we shall see that this unpleasant state of mind is by no means a matter of indifference, but that

it is attended with very important consequences to the condition of our bodies. What do we remark in a man who is subject to languor? He begins to yawn; this already betrays that the passage of the blood through the lungs is interrupted. The power of the heart and vessels suffers of course, and becomes too torpid.—If the evil continues longer, accumulations and stoppages of the blood take place. The organs of digestion acquire a tendency to weakness; and inactivity and debility, melancholy, flatulency, and hypochondriac affections ensue: in a word, all the functions are thereby weakened and deranged; and I think I may with truth affirm, that a state which disturbs the most important operations of the body, and which enfeebles the noblest powers, is a shortener of life also.

Languor, in a physical as well as a moral point of view, is a state of danger. Weikard mentions the instance of a child born of poor parents, who were obliged to earn their bread by their daily labour. The state of this child from its birth was languor. At first the parents allowed it to lie alone in its cradle, where it spent its time in looking at its hands and feet. When it became bigger, it was always shut up in a hen-house, where it could see out only through a small hole. The consequence was, when the child grew up, it remained heavy and stupid; shewed no signs of reason, and could scarcely speak.

But I think I hear every one ask, What in the world is the best remedy for languor? It accompanies us to the ball-room, to the play-house, to the tea-table, in our walks; in short it is impossible for us to get rid of it! What you say is perfectly true, but it does not relieve us. Learn then that there is but one certain and never failing remedy for it, and that is—*regular employment*.

Grass lamb continues through this month a prevailing dish, being now in high condition, and deriving an additional relish from the profusion of salad herbs that enliven the table by their refreshing verdure, and form a salubrious article of diet in the Spring and Summer months.

Asparagus, if favoured by a genial alternation of warm weather and light showers, may now be expected in abundance. The districts on which the metropolis chiefly depends for its supply are Battersea and Gravesend. From the latter place it arrives by the tilt-boats, every tide during the season, at Billingsgate, where in Dark-house-lane there is a kind of market for it.

Dovecote pigeons are in great request during the continuance of asparagus, which is usually served up with them. Those

destined for table are always taken before they can fly, and must be cooked soon after they are killed.

The season for river-salmon holds from this month to September. It is held in higher estimation than sea-salmon, from which it is distinguished by the paler and more delicate hue of the flesh. The best which comes to the metropolis is caught in the Thames and the Severn.

The 13th of May is the period at which the oyster season terminates.

ON HEREDITARY MADNESS. BY DR. REID.

“To be well born,” is a circumstance of real importance, but not in the sense in which that expression is usually employed. The most substantial privileges of birth are not those which are confined to the descendants of noble ancestors.

The heir of a sound constitution has no right to regret the absence of any other patrimony. A man who has derived from the immediate authors of his being vigorous and untainted stamina of mind as well as of body, enters upon the world with a sufficient foundation and ample materials for happiness. Very different is it with the progeny of those who are constitutionally diseased in any way, but more especially with the progeny of persons who are diseased in intellect. No wealth, which it is in the power of such parents to bequeath, can compensate the probability of evil which they entail upon the creatures and the victims of their selfish indulgence, or their criminal indiscretion.

Nothing can be more obvious, than that one who is aware of a decided bias in his own person towards mental derangement, ought to shun the chance of extending and of perpetuating, without any assignable limit, the ravages of so dreadful a calamity. No rites, however holy, can, under such circumstances, consecrate the conjugal union. In a case like this, marriage itself is a transgression of morality. A man who is so situated, by incurring the risk of becoming a parent, involves himself in a crime, which not improbably project its lengthened shadow, a shadow, too, which widens in proportion as it advances, over the intellect and the happiness of an indefinite succession of beings. The ruffian who fires at the intended object of his plunder, takes away the life of him only at whom his aim is levelled. The bullet which penetrates the heart of the unfortunate victim does in general no farther mischief. But he who inflicts upon a single individual the worse than deadly wound of insanity, knows not the numbers to which its venom may be

communicated ; he poisons a public stream out of which multitudes may drink ; he is the enemy, not of one man, but of mankind.

In cases of disease which are more strictly corporeal, the risk as well as evil of engendering them is smaller, not only because they are less serious in their character and consequences than mental maladies, but also because they are more within the scope of management and possible counteraction.

Scrofula, for instance, although by the vulgar it has been emphatically denominated "the Evil," is less deserving of so fearful a title than that complaint which, not altogether without reason, has received the appellation of the "English Malady." It should likewise be considered that scrofula might perhaps, in a majority of instances, be corrected in early life, by a suitable *education* of the muscular fibre, upon the chronic relaxation of which affections of this nature may be supposed, in a great measure, to depend. Gout, likewise, may be considered as an hereditary complaint. But by temperance, exercise, and other means which are completely within our power, we may avert an impending attack, and even counteract in some measure, if not altogether extirpate, an original tendency to this disease. But an hereditary propensity to *inflammation* and consequent *distortion* of the mental faculties will not yield, with equal readiness and certainty, to any skill in medicine, or discretion in diet. We may shun or protect ourselves against those vicissitudes of external temperature which develop the secret tendency to pulmonary complaints. But we cannot, with similar facility or success, attempt to elude the noxious influence of those vicissitudes of life, which are apt to awaken the dormant energies of madness. There are crushes of calamity which at once overwhelm, with an irresistible force, the sturdiest and most firmly established intellect. Such, however, are comparatively of rare occurrence. But who can uniformly escape those abrupt *interruptions*, or sudden *turning* of fortune, by which a reason that is loosely seated, may be suddenly displaced, or those lighter blows of affliction which are sufficient to overpower the feelings of a tottering understanding?

When, as it sometimes happens, an hereditary disposition to this disease appears to sleep through one generation, it will often be found to awaken in the next with even aggravated horrors. Should the child of a maniac escape his father's malady, the chance is small that the grandchild will be equally fortunate. The continued stream of insanity, although it occasionally conceal itself for a time, soon again emerges to our view. Madness, like the electric fluid, runs through the whole

length of the chain, although we may not observe it at every link.

After all, I would be understood to inculcate, that strictly speaking, it is the *tendency* only to insanity that is inherited, or, in other words, a greater facility than ordinary, to be acted upon by those external circumstances, that are calculated to produce the disease.

It might not perhaps transgress the exactness of truth to assert, that the external circumstances and accidents of a man's life, and what is more important, his physical and moral habits, are calculated to have a greater efficacy than any seeds of disorder that may lie concealed in his original organization. That, therefore, one, who, under a fear of radical predisposition, should, from early youth, adopt a counteracting regimen, as it relates both to the body and the mind, would often be in less danger of being affected by intellectual malady than another, who, confiding in a constitutional immunity from this form of disease, should continually and carelessly expose himself to its predisposing and exciting causes.

An hereditary tendency to insanity, it must be acknowledged, often holds a close alliance with the best qualities of the head and of the heart. Those rudiments of the intellectual frame which are most apt, by neglect or error of education, to be fostered into madness, will, if properly subdued and tempered by a judicious and early discipline, be calculated, in an eminent degree, to ennoble and animate the character. Insanity often arises from a too violent impulse towards what is sublime and beautiful in morals and in mind. It not unfrequently consists in the excess of what is good, in passing the limits of the highest excellence. Properties which it is pleasing to contemplate, it is not always desirable to possess. Those exquisite charms that are felt by lovers, and are celebrated by poets, and the splendour of that genius which dazzles and delights, both touch alike on the confine of disease. Beauty is allied to phthisis, wit is contiguous to insanity.

TO REDUCE CORPULENCE WITHOUT MEDICINE, WITH CASES,
BY DR. FOTHERGILL.

This disease, which it evidently is when it arrives at a certain height, is called by the doctors Polysarchia, and has puzzled many who have attempted to reduce or cure it by medicine, to which it refuses to yield. The difficulty of breathing, which is peculiar to corpulent people, is produced by an accumulation of fat about the kidneys, which swells the abdomen and obstructs

the motion of the diaphragm, whilst the heart, and large vessels connected with it are in like manner so encumbered that the regular motions cannot be performed with ease and freedom, which produces a slowness of the pulse. Sometimes the whole habit is deluged with an oily fluid, which so entirely interrupts the general circulation as to cause sleepiness, and sometimes apoplexy and death. Though corpulence is very distressing to the patient, it seldom ends directly fatally.

The foundation of corpulence is no doubt the too free indulgence of the appetite in the use of nutritive food and drink; we never observe in the poorer classes of society, who are compelled to labour for their comforts of life, that this disorder is found. The wealthy citizen, the indolent churchman, the opulent farmer—and such as lead indolent and careless lives, are the persons whose rotundity of belly, “with good fat capon lined,” prove the excess of their solid food; and their wheezing and inability for exertion is the reward of gluttony and idleness.

The following cases by Dr. Fothergill shew what vegetable diet will do alone:—

Case of a Tradesman.

“A country tradesman, aged about thirty, of a short stature, and naturally of a fresh sanguine complexion, and very fat, applied to me for assistance. He complained of perpetual drowsiness and inactivity; his countenance was almost livid; and such a degree of sleepiness attended him, that he could scarce keep awake while he described his situation. In other respects he was well.

“I advised him to quit all animal food, to live solely on vegetables, and every thing prepared from them, allowed him a glass of wine or a little beer occasionally, but chiefly to confine himself to water. He pursued the plan very scrupulously, lost his redundant fat, and grew active as usual in about six months. I recommended a perseverance for a few months longer, then to allow himself light animal food once or twice a-week, and gradually to fall into his usual way of living. He grew well, and continued so.”

Case of a Lady.

“A young unmarried woman, about twenty-three years of age, of a low stature, and very fat, applied to me for assistance in a great difficulty of breathing, sleepiness, and incapacity for any exercise. It was a hardship to her to be obliged to go up stairs, and, at last, to cross the floor of her apartment.

“It seemed to me that mere obesity was her principal malady; indeed she had no other complaint, but such as apparently

might be accounted for from this supposition. She was ordered to pursue a vegetable diet, and in the Summer to drink the waters at Scarborough. She conformed to these directions, became more agile, less sleepy, less averse to exercise: she walked up the stairs at Scarborough from the Spa, a task of no little difficulty to people much less incumbered. I urged a continuance of the same diet: she was dissuaded from it by her friends, and died of fat in the twenty-seventh year of her age."

Though these cases afford evidence of the efficacy of vegetable diet, we are not of opinion that it is likely to be alone permanently beneficial. We can safely assure our readers, that nothing will so certainly reduce corpulency as exercise taken in such a way as to amount to labour. We should therefore recommend a corpulent person, living in the country, to climb regularly every morning a moderately steep hill *, at such a pace and for such a distance, as will produce a tolerably copious perspiration, without distressing him; and regularly to increase the distance and the pace after the first week, till the reduction is accomplished. After returning from his walk, the clothes should be taken off, and the whole skin rubbed dry. The lightest food will be found the best; and if the stomach will bear it, there is nothing equal to milk porridge in moderate quantity. Those persons who have not the advantage of fresh air, and a hill to climb, will derive nearly equal benefit from quickly ascending a flight of steps, and continuing the exercise till exhausted. Of course moderate living, and refraining from liquids as much as possible will greatly facilitate the accomplishment of the desired end. A return to animal food is to be adopted by slow degrees.

The patient should sleep on a mattress, and not remain more than six or seven hours in bed.

A NEW MODE OF MAKING PUFF-PASTE.

Mix flour and water, according to the quantity of paste wanted, to the consistence of dough, beat it with a rolling pin until it is quite stiff and smooth, then roll it out and put butter in proportion to the flour, in one mass, in the middle of the dough; then fold up the two sides, then the two ends, and roll it out, fold it and roll it out five times, the sixth time roll it out to the thickness you wish your paste, and a little larger than your dish, then lay the dish in the middle of the paste, and cut all

* A gentleman residing in Scotland, reduced himself wonderfully by going every morning to the top of Arthur's Seat, near Edinburgh, a hill about 814 feet above the level of the Sea.

round with a knife; take up the dish and rub the sides of it with the white of an egg, which is much better than butter; then take the bit of paste which you cut off, and line all around the inside of the dish, which will be exactly enough, then put in your fruit, and do round the edge of the paste with the white of an egg, the same as you did the dish, then put on the cover which will be the exact size; ornament it as you please, taking care not to press the edges, as that will prevent its flaking.

To make this paste in perfection, the butter must never appear after it is once put in; if not properly managed, the butter will often work through the dough, and in this way a beginner finds it impossible to finish her paste; when this does happen, roll it up and put it in a basin, put the basin inside a larger vessel, with a little cold water in the bottom, and let it stand in a cool place for an hour or so, until the butter cools, and the paste becomes stiff; it may then be rolled out, it will be all the better for it. In Summer the butter should be laid in spring water, two or three hours before it is wanted.

SIMPLE REMEDY FOR A COLD.

In our unsteady climate, it is difficult to proportion the clothing to the weather—the invalid and the delicate ought, therefore, rather to exceed than to be scanty in that particular, and care should be taken to prevent any ill effects from exposure. We are aware, however, that the young and robust are likely to be regardless of our cautions—we shall therefore come at once to the best and most easy way of getting rid of a cold when *caught*, as it is popularly termed.

When you feel yourself unwell, and can hardly say what you particularly ail, with a dry skin, aching limbs and head, &c. &c. you cannot do any thing that will relieve you sooner than bathing the legs in moderately warm water as high as the knees. It ought to be nearly filled, and the heat gradually increased by adding boiling water, till a gentle sweat breaks out and continues for half an hour: wipe the legs dry, put on a pair of worsted stockings, and when in bed, apply a jar with hot water to the soles, and by warm drink keep up a gentle sweat through the night, and part of next day. By these simple means, we have often experienced, in ourselves and others, the best effects in removing symptoms in a few hours, which threatened very serious consequences. The air of the chamber should be cool, the curtains open, and the bed-covering not more heavy than usual. If the person is not disposed to sleep within an hour,

twenty drops of laudanum may be given with warm gruel. This dose is for a full grown person. But should a headache accompany the other symptoms, and much fever, the following draught may be taken :—

Infusion of senna, one ounce and half,
sulphate of magnesia, three drachms,
tincture of jalap, one drachm.

Mix for a draught.

DIRECTIONS FOR THE CONSTRUCTION AND MANAGEMENT OF A NURSERY.

Every body almost, in easy circumstances, has a part of the house appropriated to what is called the “nursery.” The part selected for this important office is generally, or at least too often, the most exceptionable part of the building. It is usually selected from the other rooms because it is “handy,” or because it is the only one that can be spared ; without the smallest attention being paid to its fitness for the purpose for which it is designed.

The room selected for the purposes of a nursery should have every advantage which space or location can give, when these can be commanded. We shall therefore say in what a well appointed nursery should consist, leaving it, of course, to the ability of every individual to approach it as nearly as circumstances may permit.

Size and Situation of the Nursery.

Its dimension should be spacious, with a high ceiling, and perfectly dry ; that is, it should not be exposed to the operation of any cause that may render it damp ; as on a ground floor ; too much shaded by trees ; or placed beyond the occasional influence of the sun. Its windows should be tight, and the walls dry ; the floor should be of wood that will quickly dry, after being wetted for the purposes of cleanliness : but the utmost care should be taken not to hasten this process by placing ignited charcoal in its centre. Serious mischief has frequently been done by this absurd and dangerous practice.

It should be so situated that the door or doors shall not open immediately on staircases, or should this unavoidably be the case, the heads of the stairs should be secured by latticed half doors, and these so constructed, by having their bars placed perpendicularly, that the child cannot climb upon them, and thus defeat their object.

The windows should have cross-bars placed before them ; they may be five inches distant from each other, that the win-

dows may be opened for the purposes of ventilation or air, without apprehension, and without danger or accident to the child. They should have shutters, that the room may be darkened when the abstraction of light becomes necessary. The windows should not have curtains of a glaring colour, as the light will be increased thereby, and prove injurious to the eyes of young children.

If possible, the nursery should consist of two rooms opening into each other; this would yield very great advantages; the children could retire to one while the other was ventilating, or getting cleaned by washing or sweeping, which would contribute greatly to their comfort, as well as to their health. They would also be removed from the dangers of damp, the inconvenience of dust, the risks from a cold stream of air, while the room is drying or sweeping, besides having an enlarged space for the exercise of their limbs. In a space so extensive as this they could improve their strength by engaging in many little sports which children are so ingenious to devise, when they cannot from the condition of the weather, take exercise in the open air.

Besides, such an arrangement will permit the children to have a room fresh and sweet in the morning, after having rendered the other foul by sleeping in it. This is an advantage which has been but too little attended to, notwithstanding its obvious utility, especially to the younger children, who cannot always escape into the fresh air in other parts of the house.

Of the Use of Carpets.

Carpets in cold weather are decidedly useful, if they are properly managed, that is, well shook and aired every week. By this means the dust is removed from them, and they have the advantage of becoming dry by exposure. We are sensible that several objections may be raised against carpeting a nursery; as the great quantity of dust they accumulate; their becoming often wet, without the chance of drying; their retaining grease so fixedly as not to be removed; their absorbing, and then giving out a variety of impurities, &c. But notwithstanding all these reasonable objections, we are persuaded that one single advantage which they possess in a nursery overbalances all that may be said against them—namely, their protecting the heads and limbs of children from injury when they fall.

The elastic material (wool) of which the carpet is formed, is well calculated to break the force of the blow which the head or limbs of the child receive, when it falls upon it; so much so is this the case, that we have not known a single instance of serious injury from falls upon them. We are

sure to have our anxiety diminished, when called to a child who has received a blow upon the head from a fall, when we are informed it fell upon a carpet. We are, therefore, of opinion, that when the child falls from a moderate height, it will rarely, if ever, suffer a serious injury from it—this certainly would not be the case, did the child fall upon the naked floor.

We must, however, be understood to recommend carpets in cold weather only; for so soon as the weather becomes sufficiently warm to do without fire, the carpet should be removed, and its place supplied by an even, well stretched mat; or the floor may even be left bare; for at this period, it is to be presumed, children will be but little confined to the nursery, unless the state of the weather prohibits their enjoying the open air; this state of weather may consist in its being wet, too windy, or too hot.

Of the Bedding.

The furniture of a nursery should be as little in quantity as convenience will permit, that the children may have the space that would be unnecessarily occupied by many articles; especially chairs and tables. It should therefore consist of the beds for the children and nurse, or we would rather say mattresses, as we are of opinion that feather beds should be driven from the nursery, for the following reasons:—first, they are too warm for the purposes of the best health, especially with feeble children; accumulating so much heat, as to unduly stimulate the whole cuticular system; thus giving rise to unnecessary, nay, injurious perspiration; second, the effluvium from feathers is extremely oppressive, particularly in warm weather, and to children of feeble lungs; third, they discharge a prodigious quantity of dust, intermixed with minute portions of down, occasioning cough and other inconveniences.

If it be objected, that mattresses are too cold in our climate for Winter, we would immediately obviate it, by recommending the spreading of a blanket over the mattress, which will effectually remove the inconveniences complained of.

When practicable, children should sleep in separate beds; and these should be large, for it is injurious to have them cramped when they sleep, as well as indelicate to crowd opposite sexes together. Besides, the degree of heat generated by contact, will be certain to make them uncomfortable; they will throw off the bed clothes, and thus expose each other to colds.

Children should never have more bed clothes spread over them than is sufficient to maintain a proper degree of warmth; if more be put upon them, they become oppressed, or perspire; both of which should be avoided.

Should we not, however, succeed in establishing our objections against feather beds in Winter, we are persuaded every body will agree in the use of mattresses during hot weather. Should these not be at command, the sacking-bottom, or even the floor, should be substituted—for almost any thing is preferable to feathers.

The Time of Rising.

It is in the nursery, in a great measure, that the habit of early or late rising is generated—this is a matter of much importance; and the greatest regularity should be observed, that a proper one is formed. Children should therefore retire at a regular and sufficiently early hour, to ensure their early getting up; for beyond a certain time sleep is injurious. It would, however, be a little difficult to establish a positive rule upon this subject, as some children, like adults, will require more sleep than others. Children who exercise much will need more sleep than those who exercise but little; consequently, they should not be confined to precisely the same number of hours.

All children are disposed to be early risers; this propensity should therefore be cultivated, by permitting them to retire sufficiently early to bed; and after they are in bed, they should not be allowed to keep each other awake by playing, thus depriving themselves of sleep: for the same reason, no noisy employment should be permitted in the nursery, that the children need not be disturbed. Indeed it would be best, when children have attained their third year, or even before, that they should not be allowed even light in their rooms, that they need not unnecessarily be kept from sleep, as well as to prevent any apprehension from being left in the dark.

When children first awake in the morning, however early this may be, provided it be after day-light, they should be allowed to get up, and be dressed; for if this be not done, and they are forced to lay longer than is pleasant to themselves, they will become fretful and dissatisfied, or again fall to sleep—in either case a real evil is induced; in the first the disposition of the child is injured; and in the second, a habit of lying too long is generated.

It should be carefully guarded against, that no unnecessary habits are indulged in during the period set aside for sleep; such as drinking water several times in the night, or rising too often to discharge the contents of the bladder. If the first be indulged in, an artificial thirst will be created; if the second, the bladder acquires a preternatural degree of irritability, which is almost sure to terminate in the disgusting and inconvenient habit of wetting the bed.

After children have risen from their beds, they should be dressed as quickly as possible; they should be carefully washed and combed, and then be permitted to inhale the fresh air, either in-doors or without, with as much freedom as the nature of things will permit. For the first purpose, the nursery should be well, but carefully ventilated; or what is still better, the children should be allowed to retire to another room if practicable, and especially during the time the nursery is cleaning; hence the propriety of two rooms being devoted to this purpose; and for the second, when the weather is proper, they may be allowed to go out of doors.

So soon as the above necessary operations are performed, children should have their breakfasts, so that the stomach need not suffer, either from too long fasting, or from the indulgence of too great an appetite, excited by a long abstinence.

On the Utility of the Cradle.

A cradle for young children is a very important appendage to a nursery, notwithstanding the objections which have been made against it, by ingenious speculators upon the subject of the physical education of children. The advantages of the cradle are, 1st, it can be placed in any situation of the room, without disturbing the child, for the advantage of either warmth or coolness; for light or darkness, or for air; 2d, it supplies the most gentle and certain anodyne, if we may so term it; since it will amuse by its motion when the child is placed in it awake; lull by its sameness when disposed for sleep; and perpetuate it when desirable, by a familiarity with its action; for it must be recollected, that for nine months previous to birth the child has been indulged in the gentlest motion, in the fluid in which it constantly swims; consequently the motion of a cradle would seem to be but a continuation of an exercise it had been long used to.

The objections to the use of the cradle are easily obviated. It is said, it may produce fatuity by constantly shaking the brain; this could not possibly happen unless the cradle were violently agitated; in which case, it would be abuse of the cradle that should be objected to, since no such consequence could possibly follow its proper use: for did gentle agitation do mischief to the organization or functions of the brain, why are not all children born fatuitous, since this organ is subjected to it from its earliest formation? Another objection is urged, which is as easily obviated; it is said the child runs much risk by its liability to overset—now it must be by the employment of extreme violence, or carelessness, that this can be rendered an objection to the cradle; for certain it is, the proper use of this machine can never be attended by such a consequence.

In using the cradle, however, we would suggest certain precautions, that it may not be converted into an improper machine. We would forbid all violent motions of it; since it would not only defeat the objects for which it is employed, but might be attended by the risk of oversetting. The motion of the cradle should be made an efficient means to procure rest: and should therefore not be so constantly used as to lose its effects, by too frequently employing it; nor should its influence ever be taken advantage of, to procure more than the necessary degree of sleep, as it may tend to the disadvantage of the child; nor should we think the cradle necessary to children much beyond the second year, as at this time their exercise will dispose them to sleep soundly without its agency.

Of Warming the Nursery.

The means by which the nursery is warmed is not a matter of indifference. Two important objects should always be kept in view in constructing it—namely, security from accident to the children; and its affording efficient warmth.

These may be secured by an open fire of wood, or coal, protected by a high and substantial fender of wire, that the children may not approach it too nearly; or by a stove placed near the hearth, and defended by an iron railing.

EASY AND EFFECTUAL METHODS FOR THE TREATMENT OF
ACCIDENTS, &c.

Scarcely a day passes but we witness some painful and dangerous casualty, happening to others or to ourselves. A person has been wounded in a fray or by accident, or he has suffered a severe burn; he is dragged in an insensible state from the river, or he has swallowed in mistake some deleterious substance. On all such occasions, every one, possessing ordinary feelings of humanity, must have felt how painful it is to stand by an inactive spectator, incapable of giving that prompt assistance which the nature of the case so urgently demands.

We have endeavoured to render the remedies here recommended as clear as possible—they will be found neither complex, nor beyond the ability of a person of ordinary capacity to put in practice. Some may, indeed, be surprised at their simplicity; but simplicity has been our aim since the commencement of our publication; and it is the characteristic of art in a state of perfection, when its possessors do not wish, from interested motives, to mystify and cajole.

To recover from Drowning.

Submersion under water for twenty minutes or more, usually

renders recovery hopeless, though in rare instances persons have recovered after being more than twice that period. The heat of the body, the clearness and contractility of the pupils of the eyes, are the chief symptoms of life. As death does not ensue from water rushing into the lungs, according to vulgar opinion, but from the want of air, it is most absurd to hang up the body by the heels, as is often ignorantly done.

The body must be carefully removed, laid on the right side on a plank, with the head rather raised, and without jolting, to the nearest house, or to a warm and dry situation. When the weather is warm, have the windows open; when cold, have a good fire. If the body is to be carried far, it must be quickly stripped, rubbed dry, and covered with the spare clothes of the bystanders, to prevent evaporation, and the cold which this would occasion. To restore heat, place it between warm blankets, and keep up the temperature by application of *dry* heat in every possible way. Water extinguishes life as it does fire, by keeping off the air; therefore, restoring air to the lungs by inflation, is the means most to be relied upon, and should be commenced without a moment's delay, and continued perseveringly during several hours. This is best accomplished by pressing the tongue downwards and forwards, and passing a small curved tube into the larynx, and attaching a pair of bellows to it; or, in the absence of them, an assistant must blow into it, to distend the lungs, which may then be emptied by pressure on the chest or belly: these expedients should be done alternately, so as to imitate natural respiration. If oxygen gas could be used instead of common air, it would be much preferable.

Frictions with warm flannels to be going on the while, and stimulating vapours may be applied to the nose. Warm enemata, with salt and mustard, or of brandy and water, may be thrown up, and warm spiced wine got into the stomach by means of a flexible catheter and syringe—not to be attempted without such assistance till the patient can swallow. Bleeding is a doubtful remedy, but has been occasionally had recourse to when the countenance was dark, and the limbs warm and flexible.

The first signs of returning animation are, sighing, gasping, convulsive twitchings of the limbs, and slight pulsation of the heart. When these symptoms make their appearance, our efforts, instead of being remitted, should be redoubled, since all the danger is not yet past, many having perished, from neglect, in the after-treatment. These favourable appearances ought, therefore, to be encouraged, by giving occasionally, as the person will now be capable of swallowing, a spoonful of wine, and

a little food of the lightest description. The sufferer should also be placed in a warm bed, and should enjoy the greatest tranquillity. It should only be after four or five hours active use of the means here pointed out, that we should desist from our exertions, since, till that period, there is always a possibility of our endeavours being crowned with success.

To recover from Strangulation.

The face of a strangled person is black or livid, the eye-balls project, and the nostrils are widened, contrary to what occurs in natural death. The dark hue of the face is owing to the circulation being impeded by the pressure of the rope round the neck: the face becoming first red, and then of a livid hue. But it is the impeding of the respiration that we are to regard as the immediate cause of death in hanging, as well as in drowning. Hence, if a silver tube were introduced into the windpipe of the malefactor, as was proposed to Dr. Dodd, or an aperture made in it below the place where the rope is applied, the probability is that life might be preserved, or that resuscitation might be easily effected. The treatment in this case, after the rope has been removed, is the same with that of the preceding; only, that although friction is proper, there is no occasion for heating the body, and bleeding may be more frequently necessary, particularly from the jugular vein.

To recover from breathing noxious Gases.

To the class of gases which, when breathed, prove injurious to man, belong the carbonic acid gas, the fumes of charcoal, and the several aeriform combinations of hydrogen and azote. The symptoms which they induce are, headache, confusion of vision, ringing in the ears, difficulty of respiration, palpitations, and insensibility, as if the nervous energy were completely extinct. In general, the face is pale, and not unfrequently convulsions are present. If the person be plethoric, apoplexy may be induced.

Carbonic acid gas is the most common cause. It is met with in rooms where charcoal has been burned, and at the bottom of large vats which have stood empty for some time, of wells, and of many natural caverns. It is destitute of smell, and being specifically heavier than atmospheric air, always falls to the bottom.

Hydrogen gas is met with in coal and metallic mines, and there, like the former, when pure, is destitute of smell. But in water-closets, necessaries, and other parts where animal or vegetable matters are undergoing decomposition, and in some mineral springs, where it is united to sulphur, it is the chief cause of the stench thrown out.

When carbonic gas is pure, its deleterious effects are almost instantaneous. But when, as is generally the case, it is diluted with atmospheric air, it may be breathed for some time with safety. Hydrogen is not so rapid in its effects, inducing a kind of pleasing stupor and tendency to sleep. When mixed with oxygen, it may be breathed for some time without danger.

A very dangerous state may be brought on, by breathing the air of a close room, impregnated with the aroma of flowers, or deteriorated by a great number of persons breathing it.

A person in a state of swooning, from any of these causes, ought to be removed, in the first place, into the open air; and his clothes being taken off, he should be placed on his back with his head somewhat elevated. The coldness of the atmosphere, even in Winter, ought to form no obstacle, nothing being more pernicious in such a case than placing the patient on a warm bed in a warm room. If the patient can swallow, cold acidulated liquids, such as vinegar and water, or lemonade, should be plentifully given. The face is to be bathed with Hungary water, or vinegar, and the whole body is to be sponged with vinegar and water, and rubbed with cloths dipped in any spirituous liquid. Friction with the flesh-brush may afterwards be employed. Aromatic vinegar, or any strong-smelling stimulant, may be held under the nose. Advantage may also be derived from glysters of vinegar. But the most important part of the process is inflation of the lungs. This may be done either with a pair of common bellows, or, what is better, with a double bellows, employing oxygen in place of atmospheric air.

Electricity has been considered as peculiarly adapted to this variety of asphyxia. Bleeding has been recommended when the countenance is livid, the lips swollen, and the eyes protruding; but probably, if performed, no blood would flow.

When symptoms of recovery make their appearance, the person is to be placed in a warm bed, the windows of the room being opened. A spoonful of generous wine may be given from time to time. For some time, he ought not to be left to himself.

Cuts and Wounds.

In a simple cut or wound, all extraneous matter is to be removed; the bleeding, if it does not stop spontaneously, is to be checked by cold water, or the use of astringents, such as turpentine, compound tincture of benzoin, commonly called Friar's, or Wade's balsam, &c., and the edges of the cut surface brought accurately in contact, and retained by slips of sticking plaster, or adhesive strap, and a bandage if necessary.

When a vein has been divided, the danger is very little increased, the bleeding in general being easily stopped by pres-

sure. We know that a vein has been injured by the blood being of a dark crimson colour, and coming away, not in jets, but in a continued stream. All that is required is, to bring the lips of the wound together, apply compresses over it, made with folded linen, and retain them there by a bandage. This is also proper in those cases where the bleeding comes from arteries of a large size.

We recognize bleeding from an artery, by the blood coming away in rapid and successive jets, and being of a bright vermilion colour. A person in a fit of passion has inflicted a blow with a sharp-pointed instrument, a large blood-vessel has been cut, and profuse hæmorrhage is the instant consequence. The blood comes away in rapid jets, producing, by the velocity with which it is ejected, a whizzing noise, and the man in a few seconds falls down pale and ghastly, in a state of fainting. Then all is confusion; and if no one is capable of reasoning or reflecting, the man is either allowed to bleed to death, or cloths and napkins are heaped upon the wound, only serving to conceal from the eye the progress of the mischief.

Our first and most important object is to stop, for a time, the flow of blood, which, unless checked, will speedily destroy the patient. This is to be done, not by covering the part with rags and cloths, but by thrusting the finger down to the bottom of the wound, where we shall be directed by the warm current of blood to the orifice of the artery, upon which we are to press firmly and unhesitatingly. This being done, we may proceed to check the circulation towards the part. This is performed by the tourniquet, which is drawn tightly around the limb between the heart and the part where the artery is wounded. But as it is supposed that such an instrument is not always at hand, we are to be content with pressing the finger on the artery, thus commanding the flow of blood, till the instrument can be procured. A silk handkerchief twisted tight by a piece of wood is a good substitute.

(To be continued.)

DEFENCE OF WINE AGAINST WATER.

[By a Correspondent.]

As wine increases the quantity of animal spirits, by the fumes which it sends to the brain, it is easy to comprehend that it cannot but be of great advantage to dull and heavy wits; so that one may particularly apply to them the common proverb, "Wine sets an edge to wit." And the emblem of Adr. Junius, in which he represents Bacchus as a youth with wings on, and with this

inscription, "Wine kindles wit," agrees admirably well with these people. But the application of both proverb and emblem is no less just in relation to all the world; for it is most certain, that the god Bacchus, by warming the thoughts, renders them more acute, and inspires a greater plenty of witty sallies. For "Bacchus had not the name of Lysian, or Opener, if I may use the term, bestowed upon him for nothing, but purely because he opens the mind, by putting it into an agreeable humour, and renders it more subtile and judicious." For this reason it is grown into a proverb, that water-drinkers are not near so knowing as those who drink wine.

Plutarch assures us, that wine collects and increases the powers of the mind. He observes also, that it produces excellent effects on the minds of persons who, though naturally timid, want no penetration. Plato maintains, that wine warms as well the mind as the body. Mons. Hoffman says a great deal more, viz. that experience proves that those climates which produce good wine, produce also people that "have infinitely more wit than those of the North, who drink nothing but beer. Gryllus believes that the Greeks were called fathers of wisdom, on account of the excellency of their wine; and that they lost their ancient lustre by reason of the Turks rooting out their vines. The Heathens placed Pallas and Bacchus in the same temple, to shew that wine increased their wisdom, and that the Gods were represented wiser than men, only because they drank nectar and ambrosia."

In respect of poets, the world was always so sensible of the necessity they lay under, of having their imagination roused by wine, that nobody ever had any good opinion of the productions of a poet that drank water, that *Non est Dylthyrambus si aquam bibat*; and wine was called the poet's great horse. "There never were any excellent poets," says Mr. Bayle, "that could versify, till after drinking pretty plentifully."

And if we believe Plato, "he could never open the gates of poesy till he was a little beyond himself." The soul can speak nothing grand, or above the common, if it be not somewhat agitated.

Horace, who knew by experience this truth, goes yet farther.

Poor water-drinkers sing an irksome tune,
Short liv'd their numbers, and their airs jejune.

Ovid bewailed himself very bitterly for want of wine in his exile.

That sacred rage that feeds a poet's breast,
Common to me, is now no more possess.

La Motte, my beloved Frenchman, has something not unlike it.

Away, too fearful reason, haste, be gone,
 Those frozen poets, whom thy phantoms guide,
 Languish, and often feebly slide,
 Down to the lowest ebb of wretchless song,
 Insipid notes, and lifeless numbers sing.
 O come, sweet drunkenness, thou heady thing,
 With transports to the vulgar herd unknown,
 Which agitates my soul, and gives it wing.
 With kind enthusiasms then ecstatic grown,
 It takes unusual flights, sublimely soars,
 Spurns the dull globe below, and endless worlds explores.

One may very well apply to Bacchus, what the same gentleman says of the graces in this ode.

It is to wine we owe the productions of Eschylus and Anacreon, whose muses were very chilly, till Bacchus warmed them. Aurelius, the sophist, composed his best declamations in his cups. Herodes, called Saginatas Orator, the fattened Orator, never talked better than after drinking pretty plentifully. And according to Horace, this was the case with Ennius.

Ennius himself ne'er sung of arms,
 Martial exploits and wars alarms,
 Till the good father's face did shine,
 Enrich'd with ruby beams of wine.

Alcæus, the famous poet, never sat down to compose tragedy till he was tipsy. The disciples of the great Paracelsus took the opportunity, when he was fuddled, to make him dictate. The venerable Messire Francis Rabelais composed over the bottle the acts and jests of Gargantua, and his son Pantagruel, a work which gained him such great reputation. Pontius de Thiard, bishop of Chalons sur Saone, had greater obligations to Bacchus than Apollo for his good verses; who, not reckoning what wine he drank all day long, never slept without drinking a pretty large bottle.

And certainly Cicero was much in the wrong, when he said, that "what people do when they are tipsy, is not done with the same approbation as if they were sober; they hesitate, and often recall themselves, and frame a weaker judgment of what they see." But had he consulted experience, he would have found that wine, far from making people fearful, inspires them with boldness and temerity.

Our own Sheridan, too, was a believer in the efficacy of wine. He used to say that a glass of good wine hastened a brilliant thought—and when it came, another was its best reward.

ON THE BENEFIT OF A SEA VOYAGE FOR INVALIDS.

To the studious, the sedentary, and those persons whose avocations do not permit them to indulge in the luxury of fresh air more than once in the course of the year, and who then probably hasten to Margate, or some such place, where by resorting to the libraries, the bathing rooms or concerts, stewing themselves in a heated atmosphere, in the height of Summer, for three or four hours, instead of enjoying the fresh breeze—thereby rendering nugatory all the benefit likely to be derived from a change of air, and early hours at night, with a corresponding uprising in the morning; to those who are frequently led away by the force of example, we would strongly recommend a sea voyage, as we are quite sure that the benefit that would be derived from such an excursion would prove infinitely more beneficial and invigorating than the plan generally pursued at most watering places. The variety of conveyances, too, which offer themselves, together with the certainty with which a trip may be made, accommodates itself to all persons, be their situation what it may.

In regard to sea-voyages for the sake of health, it is certain, that sailing is of considerable use in various disorders, as in consumption, asthma, rheumatism, and glandular obstructions; and in some respects it possesses advantages to which no other species of exercise can lay claim. The following may, in particular, be enumerated:—1. A person is carried very quickly, and blown about by the winds, which are often adverse, by means of which the pressure and action of the air is much increased. 2. This exercise is *constant*, for the ship is perpetually in motion, and the body is continually under its power, whereas other kinds of exercise are only taken at intervals. 3. The volutary and tossing motion of the ship is a great addition to the exercise, as thereby one set or other of the muscles, throughout the whole body, is regularly and alternately kept in action, in order to preserve the equilibrium. 4. One is constantly breathing an air peculiarly salutary, which is rendered more salubrious, as the air suffers a constant undulatory motion, corresponding to the motion of the sea. 5. The sickness and vomiting which often accompany sailing, is in the highest degree wholesome. It cleanses the first passages from bad humours, which, if retained, might vitiate the chyle, and render the blood impure and disordered. It also restores the tone of the stomach, and of its appendages; and is a sure remedy in many diseases, which have their seat in, and depend on, the distempered state

of the alimentary tube. Its beneficial effects on the stomach are soon perceived, by the appetite which it in general gives. 6. Sailing unites the advantages of *walking*, or the gentle and constant action of the muscles, with which that exercise is accompanied; and of *riding*, or the continued succession which it occasions; and furnishes the same advantage, of being carried about with considerable quickness through the air. 7. Though accompanied with all these advantages, yet it is not a severe exercise, nor is it attended with lassitude or loss of spirits, as other exercises often are; which cannot indeed, be undertaken by those who are weak and wasted, without great precautions; whereas sailing, though a violent species of exercise, yet is nevertheless safe; and except the sickness which it at first occasions, it is easily sustained. There is hardly any stage of a disease, in which the use of it ought to be prohibited, if the frame of the body or mind is not too much broken, or some part corrupted; even in this last case it is sometimes highly proper.

We may add also among the advantages to be derived from a sailing excursion that of agreeable company, which is generally to be found on board passage vessels, and which, no less than free air and exercise, conduces materially to the restoration of health. People thus thrown together for a few days, find it to their interest to *do the agreeable*, even though it may not be their usual custom, and thus a pleasing turn may be given to the character, which may ultimately lead to the general benefit of health.

Invalids, and indeed all persons about to take a sea voyage, will find the disagreeable effects of sickness very much alleviated by taking, the day previous to going on board, a sharp dose of opening medicine—and we should advise a pill or two to be taken during the time they are on board to prevent costiveness, which is a general attendant upon a first appearance on board ship. To be as much on deck as possible is also necessary, as the confined smell of the ship below is liable to produce sickness, and cause confinement to bed—thereby destroying the good effects of the voyage.

RE-UNION OF A NOSE, WHICH HAD BEEN COMPLETELY SEPARATED.

We give the following statement as an illustration of the case with which a person, wholly unconnected with surgery, might render assistance to himself or another in case of accident from any wound, however severe in appearance; and procure in many

instances the re-union of parts without disfigurement or lameness to the party.

Notwithstanding the many experiments that have been instituted, and the various facts that have been recorded, in proof of the power which nature possesses of re-uniting parts which have been completely and for some time separated from the body, there is still a disposition, on the part of some practitioners, to smile with incredulity at these statements, and to omit to take advantage of the opportunities which accident may afford them of putting their accuracy to the test. Within the circle of our own knowledge, for instance, a case lately occurred, in which the patient was suffered to remain permanently maimed, from this unwarrantable scepticism. A man had two fingers completely separated from his hand, near the metacarpal extremities by a sharp and clean axe. A surgeon (by title) saw the patient in less than five minutes. The stumps were dressed *secundum artem*, but no attempt was made to re-unite the yet warm fingers to the separated part. Success would, in all probability, have attended the experiment; and the man would have been enabled to support his family, instead of becoming a charge upon his parish, which is now in fact the case.

The following abstract of an instance in point we take from one of the best German Journals of the day:—

An unfortunate tailor, by the name of Gruzlewski, seated himself in a window, one wing of which he had opened. A sudden and violent gust of wind shut it with considerable force, and a part of the glass which was broken carried off a great portion of the man's nose. The separated piece was about the length of a finger, and the whole breadth of the nose. It fell from the second story of the house into the street. The circumstance occurred about seven o'clock in the evening. A surgeon was immediately sent for, and he was satisfied with merely applying a plaster. Another surgeon, however, was consulted two hours after the accident. He sought for the nose with a candle in the street, which he found, and placed it in its natural situation. In a few days it had united, and regained its warmth and sensibility. The only mark of the accident which remains perceptible, is a small, narrow, red scar.

A similar case is also recorded in the same Journal, in which complete union took place, where the nose had been entirely separated.—*Journal der Chirurgie und Augen-Heilkunde*, von Grafe und Walther.)

THE BENEFICIAL EFFECTS OF EMETICS IN DISEASES OF THE
STOMACH. BY DR. CHEYNE.

Hippocrates, the father of Physic, advised for the prevention of diseases, that fat and gross patients should take an emetic twice a month, and the lean once, and I am bold to say that no operation, remedy, or antidote in physic is so universally effectual and speedy as an emetic when it can be given with safety. I know not the name or kind of distemper afflicting the animal machine where vomits are not beneficial and salutary; because almost all our diseases proceed from the stomach being loaded with too strong meats and drinks. Vomits not only throw off concocted impurities directly from the stomach and the glands about the abdomen and heart (the source and spring of life and motion) but by their concussion and convulsion, act upon the most distant veins, arteries, and glands, and break open and squeeze every part of the machine. Vomits are in diseases, what bombs are in besieging forts: they are what dressing, cleansing, cauterizing, or even amputation, respectively are in external surgery, without which the internal sores would grow foul, gangrene and mortify. To be afraid or hesitate in giving proper and proportioned vomits in internal distempers, is as absurd as to neglect or fear proper dressings and cleansings in outward wounds and sores; for in bilious and phlegmatic stomachs, all the glands are little ulcers, and there is as little hazard of weakening the arm or leg in dressing an ulcer in them, all the organs and limbs being animated parts; and when the noxious humour is removed, they heal and strengthen of themselves, by the laws of circulation and nutrition. Indeed the stomach itself has none, or but a very small share in the act of vomiting; it is the muscles of the abdomen or breast alone, that compress the stomach to throw out its contents; and the stomach is not more hurt or weakened by the action of vomiting, than a clyster-bag is, by the apothecary's squeezing it artfully to inject its contents. It is a seeming frightful operation, and attended with some pain and sickness to the patient; but it is the most beneficial and salutary and of the most immediate relief of any operation, in physic.

All the diseased mucus must be discharged from the insides of the canals, before a durable relief or cure can be expected; and this a vomit alone can do. I can think of no case wherein they cannot, and ought not to be attempted, and persisted in, as the symptoms return, but an hæmorrhage, spitting of blood, or rupture of some vessel, and even these I have known perfectly cured by vomits.

The feeling of the stomach in most cases is sufficiently indicative of its disordered state, and the sooner the cause can be removed that gives to that unpleasant feeling, the sooner are we likely to be restored to ease and comfort. Nothing then will so readily and effectually lay the foundation for our recovery as the removal of the cause, and nothing will remove the cause so effectually and instantly as an emetic.

NEW REMEDY FOR CROUP.

In Hufeland's Journal, for January, 1825, is related a case of croup, successfully treated by continual nausea and frequent vomiting. The case seemed nearly hopeless. It had been treated by active antiphlogistic means in the first instance, but the symptoms increased; the countenance became covered with a clammy sweat, the jugular veins, &c. distended, the head was thrown back, and the neck bloated. From time to time there ensued most severe suffocating paroxysms, which were always slightly relieved by violent retching and vomiting. In this hopeless state, Dr. Bonorden, under whose care the patient was, determined to keep up the vomiting by artificial means; for which purpose, he used a mixture composed of antimonial wine, ipecacuanha, and oxymel of squills. After continuing this plan for some time, a membranous substance was vomited up, the size of a silver groschen, and soon after a considerable quantity of tough thick phlegm. The breathing now became easier; and under the administration of calomel, in the dose of two grains every two hours, diarrhœa ensued. The patient gradually recovered: she was a girl five years of age.—*Hufeland's Journal, for February, 1825.*

CHAMPOOING, AS PRACTISED AT THE TONGA ISLANDS.

If, during the day, a chief or other person of rank feels fatigued, with walking or any other exercise, he lies down, and has one or more of the following operations performed upon him by some of his attendants, viz. *toogi-toogi*, *mili*, or *fota*. Of these terms, the first implies, a constant and gentle beating with the fist; the second, a rubbing with the palm of the hand; and the third, a compressing and grasping of the integuments with the fingers and thumb.

These operations are generally performed by females, and all contribute, we are assured, materially to relieve pain, lassitude, and fatigue; producing at the same time a soothing effect upon the system, and disposition to sleep.

When performed for the purpose of simply relieving fatigue or lassitude, the legs and feet it would appear are the parts generally operated upon; but in cases of local pain, the part affected, or its immediate neighbourhood perhaps, is selected. Thus in *headache*, the skin of the forehead, and the scalp in general, is subjected to the *fota*, and often, we are told, with great effect.

Sometimes, also, in cases of fatigue, a proceeding somewhat different from any of these is adopted; three or four little children being employed to trample upon the body all over with their feet, to the relief and great comfort of the patient, who lies stretched naked on the ground.

ON THE CARE OF THE SKIN AND CLEANLINESS.

Both these I consider as important means for the prolongation of life. Cleanliness removes every thing that Nature has secreted from us, as useless or corrupted; as well as every thing prejudicial, that might be conveyed to us, from without, through the superficies of our bodies.

Care of the skin is an essential part of cleanliness, and consists in paying such attention to it from infancy, that it may be kept in a lively, active, and useful condition.

The skin, indeed, must not be considered merely as a common covering to defend us from the sun and the rain, but as one of the most important organs of our body, without the incessant activity and agency of which there can be neither health nor long life; and in the neglect of which, in modern times, lies the secret source of numberless diseases and evils that tend to shorten our existence. May the following observations, therefore, make more impression on our readers, and excite more attention to this organ and the management of it!

The skin is the greatest medium for purifying our bodies; and every moment a multitude of useless, corrupted, and worn out particles evaporate through its numberless small vessels, in an insensible manner. This secretion is inseparably connected with life, and the circulation of our blood; and by it the greater part of all the impurity of our bodies is removed. If the skin, therefore, be flabby or inactive, and if its pores be stopped up, an acidity and corruption of our juices will be the unavoidable consequence, and the most dangerous diseases may ensue.

Besides, the skin is the seat of *feeling*, the most general of all our senses, or that which in an essential manner connects us with surrounding Nature, and in particular with the atmosphere; and by the state of which, in a great measure, the sensation of

our own existence, and the relation we bear to every thing around us, is determined. Hence a greater or less sensibility, in regard to disease, depends very much on the skin; and those whose skin is weak or relaxed have generally a sensation too delicate and unnatural, by which means it happens that they are internally affected in a manner highly disagreeable, by every small variation in the weather, every change of the atmosphere, and at length become real barometers. Such a constitution is called the rheumatic, and arises chiefly from a want of strength in the skin. It occasions a tendency to perspiration, which is also an unnatural state, and which exposes us continually to colds and other disorders.

It is likewise a grand mean for preserving an equilibrium in the powers and motion of our bodies. The more open and active the skin is, the more secure will people be against obstructions, and diseases of the lungs, intestines and lower belly; and the less tendency will they have to bilious fevers, hypochondriasis, gout, asthma, catarrh, and piles. One great cause of these disorders being so common among us is, that we no longer endeavour to cleanse and strengthen the skin by bathing and other means.

The skin, moreover, is one of the most important means of the restoration of our bodies, by which a multitude of fine spiritual component parts is conveyed to us from the atmosphere. Without a sound skin there can be no complete restoration, which is one of the chief principles of long life.

It ought also not to be forgotten, that the skin is the grand organ of crises, that is to say, the assistant of Nature in disease; and that a man with open pores and a skin sufficiently vigorous, may depend on being cured much more easily and with more certainty, and often even without the use of medicine.

That such an organ must be a great support of health and life, no one will deny; and it is therefore incomprehensible how people in modern times, since mankind have become more enlightened, should neglect it so much. Nay, we in general find, that, instead of paying the least attention to it, they from their infancy do every thing in their power, as it were, to relax and to weaken it, and to stop up its pores. The most of mankind, seldom or never experience the benefit of bathing during their whole lives; the skin by dirt and daily perspiration is more and more stopped up; weakened and relaxed by warm clothing, furs, feather beds, &c.; rendered inactive by confined air and a sedentary life; and we think we may, without exaggeration, assert, that among the greater part of men, the pores of the skin are half-closed and unfit for use.

Let us here be permitted to call the attention of our readers to an incongruity, which is not the only one of the kind in human life. The most ignorant person is convinced that proper care of the skin is indispensibly necessary for the existence and well-being of horses and various animals. The groom often denies himself sleep, and other gratifications, that he may curry and dress his horses sufficiently. If they become meagre and weak, the first reflection is, whether there may not have been some neglect or want of care in regard to combing them. Such a simple idea, however, never occurs to him in respect to his child. If it grows feeble and sickly; if it pines away, and is afflicted with worms in the external part of its body, (all the consequence of dirtiness) he thinks rather of any ridiculous absurdity than of the real cause, neglecting to keep the skin pure and clean. Since we shew so much prudence and intelligence in regard to animals, why not in regard to men?

We shall hereafter give a few rules for keeping the skin in a sound state, thereby preserving health.

BUG DESTROYING EXTRAORDINARY. WITH A RECIPE. BY HIS MAJESTY'S OPERATOR.

As the season is fast approaching when these pests to all good housewives are ready to make their Summer campaign, and like the barbarians of old, on the eve of sending forth their countless swarms to overrun the land—converting even the sanctuary of our bed-chambers into a place of purgatory—rendering our beds of down couches of thorns, and changing our hours of repose into nights of wakefulness and watching—we think it right to prepare our resources against the enemy. Though we do not consider it expedient to subsidize Mr. Perkins with his depopulating steam battery, yet have we solicited and obtained the aid of as complete a destroyer; we would proceed against these intruders by means no less deadly and devastating than his machine promises to be to the human race. We loathe and detest their very name—pah!—and would willingly accomplish the extermination of the whole race, leaving not one behind to tell of the awful tale of destruction; unless indeed it were to make vengeance more complete we might be inclined to preserve one, like Mrs. Shelley's man—her *LAST MAN*—to wander over the scenes of his former enjoyment, now rendered a desolate solitude. To fancy him crawling from crevice to crevice, from room to room, from bed to bed, suffering every pang of regret for the friends he had lost and survived; without hope, and without rest: to trace him in idea, with slow and

solemn step, wandering over the ample folds of a full fluted furniture—peeping into every recess, in the hope of finding one relique of the universal ruin, one friend remaining, and still to observe him return in despair, on discovering that all was silent, drear, and motionless! But we have been led away by our over *excited feelings*, as a Northern friend said in excuse for rather vulgarly anathematizing a disorder very prevalent in his country, and had almost forgotten our intention, which is to put our readers in possession of the means of accomplishing this desirable end, for which purpose we have had recourse to the assistance of the greatest *artist* of the day, who, in his campaigns against these intruders, has gained as much renown as the great captain of the age has earned in his particular line. We mean no other than “the Bug-destroyer to his Majesty*,” who has condescended to favour us with his superior and Royal method.

Recipe of his Majesty's Operator.

Cleanliness is one of the most powerful and certain methods we know of to stop their too rapid increase, though it will sometimes not be effective in eradicating them, when they have made good their quarters. The bedsteads and walls, therefore, should be brushed with the rectified oil obtained from coal, which is sold under the name of Petroleum oil, at about sixpence per quart. The brush should be well charged with it, that it may run into the cracks of the wall, and crevices of the bed, or wherever they may be lodged. The oil is very clear, and for mahogany it may be coloured with a little alkanet root. This oil is a powerful poison to all vermin; and such is the dislike they have to its odour, that they desert the place that has been brushed over with it. Being inflammable, it should not be applied by candle light.

HORÆ MATUTINÆ CANTABRIGENSISÆ.

[Should the following Conversation smack more of the bowl than the lamp, no ungenerous thoughts must be entertained of our Learned Brethren of the University of Cambridge. Though the luckless wight who stole into their company to purloin the very sweepings of their wisdom may be to blame, yet few there are who will not enjoy the recollection of such a morning.—They have been—are—and, no doubt, ever will be.]

THE MAJOR.

DR. VOLPONE, DADDY PETERHOUSE, OLD WHITEY BROWN, BILLY DODDINGTON, DR. N—, DR. R—, MR. K—, THE SNEAKER, YOUNG T—TE.

* For the authenticity of the appointment see the Daily Advertisements.

Visitors.—WHITE HEADED BOB, BILL EALES, Captain MOLOWNY.

SCENE—*The Combination Room, — College.*

Hour two in the morning, a great bowl of milk punch on the table.

The MAJOR in the Chair.

The Major.—Gentlemen, Gentlemen, Fellow Commoners, and Common Fellows, all hail! Gentlemen Visitors, I am proud to see you. We who reside at the fount of Science, and the spring of Wisdom, have departed from vulgar hours—to assemble at this rational and sober time of the morning. We meet after the toil of study, and contemplation by the midnight lamp, to relax the inward man, to impart the knowledge we have acquired, and to acquire from those who have to give. How say you, Gentlemen? Shall we be merry—shall we live, and teach the world how to live? (*aside*—Billy, is the punch good?)

Billy. (to the Major) The real thing—supernaeular.)

All. Bravo! hear, hear.

The Major. (in continuation)—No noise, Gentlemen—no confusion, lest we disturb the College. I will give you the first toast. Every man to his glass; every glass to its owner's mouth. Now Gentlemen—"A long life while it lasts, and a happy death when it comes, and may the devil knock the roof off the house we are not all welcome to."

All. Shouts of applause; bravo Major.

Old Whitey Brown. An excellent toast, so help me heavy—it reminds me when I—

Billy Doddington. No prosing, Doctor.

Old Whitey Brown. It reminds me—

Billy Doddington. Damn your reminiscences.—

Capt. Molowny. He was not half as good a fellow as *Reny Sheehan*, of the Cork Volunteers.

The Major. Let me remind the Visitor his time is not come yet.

Capt. Molowny. But time and tide, Major—

The Major. Order Sir, I say.

Bill Eales (to White-headed Bob.)—Blow my breath Bob, that was a stopper—the Captain caught it on the mouth, and must give in.

Bob. No chaffing, Bill; let us act what Gentlemen should.

Old Whitey Brown. Your toast, Mr. Chairman, reminds me—

Dr. Volpone. Sir, if I may interfere. It is really unpardonable—such intrusion. No man should be allowed to tell a story.

I was at Offley's last week with some of the young fry of Alma. There was D--w--e, H--rv--y, T--te, E--l--s. We had a capital Chairman. Very like the Major. (*All.* Very—very like a whale.) Sim F--field had just finished his best song, in his best manner, when H--r--y, who had been dining at Joy's, and was rather, as some of you would rather be—

Billy Doddington. If a body may say it, Doctor, you are doing a bit of long yarn yourself. A curse on all stories—conversation round a table should be like a consultation of colts—short words and sprightly—send round the punch my trumps. What makes you so red in the face, Dr. N—?

Dr. N—. Only the glow of health, Mr. Doddington. I have been consulting the Oracle.

All. What Oracle?

Dr. N—. The Oracle of Health.

All. O———h!

Dr. N—. My constitution was going, Gentlemen. Late hours—hard study—milk punch; not that I want to set any of you against this bowl; for I believe it was bad punch that was playing the red with me.

The Sneaker. The red!!

Dr. N—. The red devil, Brother Pale-face! Well, Gentlemen, I was going—wasting away daily—I was thin as Brother Sneaker, till old Puffendorff, of Trinity, the fat Fellow who has got the rich living of —, put the ORACLE OF HEALTH into my hands, Vol. 1. page 434. There I had it all for a shilling—took the blue pill—out at the break of day—rump stakes—early to bed—soon came about—came round, round as you see me. I was almost an eclipse, now I am a full moon. Jenny, my bed-maker, is singing all day long, “my love is like a full moon.”

White-headed Bob. Burn the Oracle.

Bill Eales. What for?

Bob. It spoils trade.

Bill Eales. What for?

Bob. Its killing Clarke the trainer.

Bill Eales. What for?

Bob. It has let the whole secret out—has taken the bread out of an honest man's mouth.

Bill Eales. What for?

Bob. The Publisher will have soon to provide for seven fatherless children, if poor Tom trips it.

Bill Eales. What for?

Bob. I should not have said a word if it had spoiled the

Doctor's trade; but to let the world into the knowledge-box of training, it beats—

Capt. Molowny. Aye, it beats Banagher. There was a countryman of my own, a Kerry man, set up in the Seven Dials. But by cripes, he died himself instead, and his widow kept the shop. It was a decent place, and physicked the whole neighbourhood, till this curse of Kerry, ORACLE, found its way among them, then came its plain rules, and advice, and all the customers left us.

Bill Eales. What for?

The Major. Mr. Eales, I know you can make a good hit at times. We are all indebted to you for the science.

White-headed Bob. And to me, Major.

The Major. Silence you moon calf. But Mr. Eales, you should recollect the Captain is a visitor, and a stranger. You must not make so free.

Bill Eales. I axes pardon.

Capt. Molowny. Tip us your mawley, Bill. I'm not the man to stop you. I'm in the Blues—you in the black guards. You're just as good as me. None of your curst distinctions here.

Dr. R—. Very true, Captain; none of your curst distinctions. Though I am at the head of the College—a master among scholars—I am happy to find the youngest man in Alsace on equal terms *here* with me. We had enough of that in L B—'s time, with his insulting “garb of ignorance.”

Young T—te. Thank ye Doctor—all the young ones like you, and will stick by you to the last, while the old one lies howling. Do you recollect when I addressed him as the “ancient mariner?”

“ I fear thee ancient mariner,
I fear thy skinny hand;
And thou art long, and lank, and brown,
As is the ribbed sea sand.

Billy Doddington. Bar quotations 'T—, or Volpone will unkennel you his whole litter. That Le B— was the codger that rustiated me for doing it tandem, down to the market (New-market). The fellow that spoiled our preferment, by making us walk the streets in these black night-gowns—which my Lord Portsmouth would call good vestments for a silk job.

The Sneaker. Yes the old toad—no hot rolls at Sunday's breakfast—the pious, the puritanical son of——.

The Major. No more disussion—that's enough of one subject. Come, Mr. Sneaker, your toast.

The Sneaker. Well Sir, if I may make so bold, “ may we never squint, or get ragged.”

Daddy Peterhouse. (*Squinting in a circle all round the table.*) Sir, if you mean any personal reflection by that toast—
All. No, No.

The Major. Read the ORACLE OF HEALTH Daddy, p. 759.
 “Cure for the squint.”

Daddy Peterhouse (*intending to look at the Major, but squints at Capt. Molowny.*) Sir, if you apply that to me—

Capt. Molowny (*who thinks the Daddy means him.*) Me, why my Dad, I would not say the white of your eye was black, much less to insinuate you squinted. Well, Major, go on about the Oracle; you are our oracle for the night, you know.

The Major. Why the Oracle of Health gives practical rules to cure a squint; but hang it, I'm not paid to puff, so look at page 759 yourself.

Old Whitey Brown. Sir, that Oracle gives excellent rules for economy, therefore I like it. It gives rules for good-living, therefore I like it. It kills the physician, hangs the apothecary, speaks to one's common sense, knocks up humbug—therefore we all like it.

The Major. I'll tell you what it does, it teaches us to preserve health, and indulge the appetites.

Billy Doddington. In reason Major. It prescribes milk punch for College complaints.

Capt. Molowny. What be they, Billy?

Billy Doddington. The three R's as Sir William Curtis said reading (w) riting and (a) rithmetic.

White-headed Bob. There's spelling—vat a muff. Mr. T. (*to Young T—te*) what's the reason they says as how you are so like me.

Young T— Because I have a wide mouth, white hair, a broad face, a flat nose, and am a regular rum one to look at.

White-headed Bob. I hope you'll come to my benefit, Sir?

Young T—. All right my boy—I will, brother Bob.

Mr. K—. Major, can we have a quiet rubber?

The Major. What old K— of Queen's—we must speak by the card to you. Bob, will you take a hand?

White-headed Bob. I have no objection to set-to with the gentlemen, send for the gloves.

Young T— I have them under the table. (*holds them up*).

Mr. K—. What I! a tutor of Queen's, to set-to with a pugilist?

Capt. Molowny. You might do worse, take my advice, old Squaretoes.

Billy Doddington. The Oracle of Health recommends spar-

ring as an excellent exercise, it settles the temper, quickens the eye and—

Mr. K.— I wish for a quiet rubber, this milk punch don't agree with me.

Billy Doddington. Take five grains of—

The Major. Damn your prescriptions, though the best receipt for punch I ever read is in that same Oracle. I like the rascal's notions. There's meaning in his "Ambrosial essence of the lemon and the orange."

Mr.—. K. (waxing drunk) Give me a song I say—"Auld Lang Syne," or something melancholy. Shall I sing you a song of my own decomposition?—

I am tutor of Queen's
And purveyor of Greens,
I'm flogger of Asses,
And drainers of glasses,
Then here's to the health of the King.
For I am the King,
Come let us all sing
And each jolly soul
That is sober————

(*Capt. Molowny.*) *pushing him off his chair, and taking up the song*

———— may roll

And drink to the health of the King.

All. Of the King—of the King—of the King—of the King,
and drink to the health of the King.

The Major. Order, gentlemen—as the man is dead, let us bury him with University honors.

Capt. Molowny. Let him lie Major, if you please—he will keep like cold mutton in December—let us spend the rest of the evening. That's right old Daddy Peterhouse—(*who is mixing the other bowl*) —the Alderney Dairy Company ought to elect us honorary members. Now Major, let us have your song—

The Major. With all my heart, Captain Molowny—
When first I came to Alma Mater
I said my prayers and my pater,
And my ave as if I were a papist
But soon I found ———

* * * * *

The printer's devil says stop. Good morning good reader,
we will finish the song when next we meet.

ON THE INVOLUNTARY ESCAPE OF THE URINE.

Few persons unacquainted with this disorder, can form any

notion of its distressing effects. No complaint is, we believe, less under the influence of medicine than the involuntary escape of the urine in elderly people, or more distressing to a patient of delicate feelings. The cause, in young subjects, is generally, we believe, diseased bladder, not allowing of its due expansion; but in elderly people the disease arises from an opposite state of the muscular fibres, allowing the urine to escape without any propelling power, the sphincter muscle having lost its power of action. For this disease, tincture of cantharides is the remedy generally prescribed, but in all cases in which we have administered it, it has failed to afford the slightest relief. The vegetable and mineral astringents are the remedies which in our practice have always succeeded best. To these a blister over the sacrum, or application of electric sparks, by stimulating the nerves leading to the bladder, is a very powerful auxiliary. The cause, however, of the disease, and many others of the same nature in the bowels, is in elderly people often the effect of compression of brain from over distention of blood-vessels. When this is the case, astringents, by constipating the bowels, and electricity, by increasing the determination of blood to the brain, (an invariable effect, although applied to remote part of the body) may be productive of mischief within the head. The composition of astringents we have found most beneficial in cases of the incontinence of urine of elderly people, when the cause is local, is the following:—

Take of tincture of catechu, one ounce;
compound spirit of ammonia, half an ounce,
ditto tincture of rhatany, one ounce.

Mix.—Two tea-spoonfuls to be taken three times a day, in a quarter of a pint of alum whey, made by boiling a drachm of alum in a pint of milk. The blue pill to be taken every night for the space of ten days, with such addition of rhubarb powder as the state of the bowels may render necessary, i. e. to procure one proper evacuation daily.

ON SPIRIT AND WATER TIPPLING.

At the present time, when all kinds of spirituous liquors are to be had at a much cheaper rate than heretofore, we have reason to know that many persons have substituted spirits and water for malt liquor at meals, &c., we hasten to caution them as to its pernicious effects upon the system, as well as the probability of its engendering a habit of tippling, where a predisposition exists for spirituous liquors, which probably would never be called into action but for the misfortune of making use of it for diet.

However dangerous the occasional taking of spirits unmixed has been accounted, yet the constant use of them with water is, perhaps, a more fatal practice; for the person who has got into this habit, continues always to increase the proportion of spirits, until at last it will equal, if not exceed that of the water, and it becomes hardly possible to renounce a habit to which the stomach has been long accustomed.

A respectable physician (Dr. Falconer,) has written an interesting tract, in which this subject is particularly discussed. He observes, that some medical men have unfortunately been led, to give a most exceptionable direction with respect to diet, that of substituting brandy or rum, diluted with water, for common drink; and it is not only prescribed in extraordinary cases, as a temporary expedient, but is frequently directed, in almost all cases of any weakness in the stomach, or digestive organs, as a perpetual article of diet. He justly adds, that no circumstance ever occurred in medicine more injurious to the science, or fatal to mankind, than this unfortunate piece of advice. It recommends an odious and insidious practice, which cannot be too strongly reprobated.

Such a custom is apt to produce, in a great measure, all the bad effects of habitual dram-drinking. The use of spirits in this way is the more dangerous, as being more delusive; and is the more apt to be indulged in, as being sometimes recommended by the faculty. Besides, the consequences of an excess are not so immediately ascribed to their true cause, as in case of habitual dram-drinking, and of course not so likely to be guarded against.

It is said that the mixture may be exactly proportioned, in point of strength, to malt drink, or any other liquor to which we have been accustomed; but though spirits may be diluted to a proportionable strength, they cannot be equally innocent with those liquors. They are evidently more inflammatory, and consequently are more apt to produce complaints in the liver, and other disorders.

It is contended, that spirits may be procured every where in tolerable perfection, and nearly the same in point of quality, which is not the case with wine and malt liquors. Were this admitted, it could only justify a partial and occasional use of the mixture.

It is also said that spirits and water are incapable of either the vinous or acetous fermentation, and that it also checks those fermentations in other substances; hence, that it must be highly serviceable in cases where the stomach is apt to be troubled on that account. But this cannot be admitted. The presence of

air in the intestines is, to a certain extent, necessary and useful, and serves important purposes in the animal economy. By guarding too much, therefore, against flatulence in our food, we are apt to bring on a costive habit, the source of innumerable disorders, and a habit which spirits and water has a peculiar tendency to occasion or to aggravate.

It is also said that this kind of liquor is taken, without inconvenience, by the inhabitants of our West India islands, and by our seamen. But this arises in a great measure from necessity. In regard to the West Indians, they generally mix their spirits and water with sugar, and some acid fruit, which corrects the heating and noxious qualities of the spirit; and they live more on vegetable diet, than those generally do to whom that sort of liquor is recommended in Great Britain. Besides, the state of health enjoyed by the inhabitants of the West Indies, where they are so subject to cramps, palsies, consumptions, and other disorders, furnishes no argument for using that beverage in this country. As to our seamen, it is well known that, whenever it can easily be got, beer is given them in preference.

An account of a case connected with this subject is given by Dr. Valangin, which ought to be generally known:—A respectable lawyer, through custom more than choice, had got into the too fashionable mode of drinking brandy and water, which destroyed the balsamic qualities of his blood, depraved his appetite, depressed his spirits, and dried up his nerves, to such a degree that he could hardly support himself, without having daily recourse to the same liquor, till a severe fit of the gout, attended with a train of nervous and spasmodic complaints, was very near destroying him. But by the advice of his physician, he was prevailed upon to renounce this unfortunate habit, and derived much benefit from the change.

OF SCROFULOUS AFFECTIONS OF THE FEMALE BREASTS.

BY MR. LLOYD.

It is by no means uncommon to find scrofulous affection of the breast in young women, both before and after the period of menstruation. This affection generally commences by the formation of a hard moveable lump in some part of the breast. This gradually increases in size, and coalesces with the surrounding parts, which become tender, inflamed, and form successive abscesses, which leave small ulcerated openings; and these are sometimes very difficult to heal.

It also occasionally happens, that the whole skin of the under part of the breast, where these abscesses are generally seated,

becomes discoloured and diseased ; that the swelling increases ; and that a considerable degree of constitutional irritation ensues, which is seldom relieved, more than in a very slight degree, by either general or local bleeding. Under these circumstances, the insertion of a seton will be found highly serviceable. The following case will illustrate these circumstances :—

Case of a Young Woman.

“ A young woman, aged twenty, had a small hard lump form in the under part of her breast, which gradually enlarged till it was lost in the surrounding parts, which became painful, inflamed, and formed an abscess, which discharged about three ounces of a scrofulous matter. A small ulcer was left ; and the parts, which were covered with a bread and water poultice, became in a quiet state. Her health had been for many months but indifferent, and her catamenia were suppressed. The constitutional treatment that was adopted consisted principally in keeping her bowels open, and in attention to her diet.

“ She, however, did not materially improve in health ; and abscesses continued to form successively : the swelling of the breast rather increased, and was attended with great pain. After taking from her arm twelve ounces of blood, the pain was less for the first two days, and her pulse more tranquil ; but the pain again returning, she was bled to the same extent, but without benefit. *Lecches* were also applied repeatedly to her breast, but with the same success. She now became very impatient, and therefore a seton was made under the breast, at a little distance from it, and the treatment continued that had been previously adopted. From this period a complete change appeared to take place in her, as both her health and her breast began rapidly to amend ; so that in less than two months her breast was reduced to its natural size ; her catamenia re-appeared, and her health was very good : in less than another month the seton was removed, as the ulcer had healed, and only a slight hardness remained.”

Another Case.

In another case, which had existed for nearly two years, a seton proved of very great benefit ; for after its insertion, although it did not at once remove the disease, no fresh inflammation nor abscess ensued. Generally, however, in these cases we need not proceed to the use of this remedy, as they go on extremely well under what may be called common treatment, viz. attention to the general health, and soothing local applications.

There is, however, another form of scrofulous affection of the breast, in which very similar means appear to produce equal benefit, both to the general health and to the local disease.

Enlargement of the Breast.

It sometimes happens that in adult age, the whole breast will enlarge, and become of firmer texture than natural, the skin and other superincumbent parts being soft, and unconnected with the subjacent gland. It will remain in this state often for many months, or even years, only gradually, and almost imperceptibly, enlarging, and unattended with pain or even tenderness on pressure; till suddenly the surrounding parts inflame, and become consolidated with the enlarged gland. At this stage the tumour will often become very painful, and a great degree of constitutional disturbance arise. The bowels are generally inactive, the tongue pallid, and of an unhealthy appearance, and the pulse rapid, though often very weak. The breast at length shews some disposition to suppuration; but this is, in general, very partial, only a small abscess forming on some part of its surface, producing in its formation great pain, though perhaps not containing above a tea spoonful of a curdy whey-like matter, which is generally discharged through a very small aperture. This, however, generally gives a great deal of relief to the patient. A slight discharge will often continue for a few weeks, till the aperture closes, when a new abscess will form, attended by the same symptoms, and pursuing the same course. In this manner abscesses will continue to form successively for several months, until the tumour gradually diminishing, the whole breast wastes away.

During the progress of this disease, it is common for abscesses to form in the course of the absorbents passing to the armpit, and in the glands of the armpit itself, and even before any abscess has formed in the breast; but these are of no consequence, and always cease with the original disease.

The Local Treatment.

In the local treatment, the application of poultices is indispensable; and the decoctions of hemlock, or poppies, are useful adjuncts. Leeches may be applied according to circumstances; for, though in the other form of this disease, or when a lump, or distinct lumps, form in the substance of the breast, which is otherwise healthy, they seldom do good, in this species of the disease they often afford considerable relief. They must not, however, be applied in such numbers as to weaken the patient.

We may sometimes very much expedite the reduction of the tumour, in those cases in which abscesses have formed, by enlarging the aperture through which the matter has been discharged, by the application of the *kali purum*, so far as to form an issue. This, of course, is to be kept open, by occasionally

touching the edges with caustic, till the tumour has nearly subsided, or till any sinuses that may have existed have entirely healed. A patient, aged thirty-four, who had her right breast in this state for between three and four years, perfectly recovered in less than nine months. In this case there was great hardness, and there were several sinuses, but all healed after the establishment of the issue.

NEW METHOD FOR RELIEVING RETENTION OF URINE.

BY M. AMUSAT, OF PARIS.

It will appear curious, if not incongruous, that when a bladder is distended with urine, and cannot disgorge itself in consequence of a stricture in the urethra, the patient may be relieved by forcing some more fluid into the bladder. It is to be remembered, however, that the cause of the retention, in such cases, is not the fulness of the bladder, but the obstruction in the passage. This obstruction being overcome by a stream forced inwards, the bladder may then be able to relieve itself. Such, at least, are the assertions of a French surgeon, M. Amusat (before the Academy of Surgery in the French metropolis), who appeals to facts in support of his assertions. M. Amusat passes a flexible tube as far as the obstruction, and then, by means of an elastic gum-bottle, gently forces a small quantity of fluid through the stricture. The consequence is, (and a number of trials have been made) that the urine flows out again, and the retention is relieved. The experiment involves no danger, and certainly may be fairly had recourse to, previously to the operation of puncturing the bladder, or using much force for the introduction of a bougie."

A CHEAP AND EXCELLENT SUMMER DRINK.

Vinegar and water, sweetened with sugar or molasses, is the best drink that can be contrived in warm weather. It is pleasant and cooling; it promotes perspiration, and resists putrefaction. Vinegar and water constituted the only drink of the soldiers of the Roman republic; and it is well known that they marched and fought in a warm climate, and beneath a load of arms, weighing sixty pounds. Boaz, a wealthy farmer in Palestine, we find, treated his reapers with nothing but bread dipped in vinegar. The custom of swallowing spirits and water is pernicious in every way, while this beverage, on the contrary, is pleasant and healthy, and is not liable to produce what the spirit invariably does, namely, fever and headache.

GOURMANDERIE FOR JUNE.

——— “for so it falls out,
 That what we have we prize not to the worth,
 Whilst we enjoy it; but being lacked and lost,
 Why then we rack the value, then we find
 The virtue that possession could not shew us
 Whilst it was ours.”

So is it with health—he who has it never really enjoys the possession, till, by a temporary deprivation, he is made sensible of the great treasure he has been squandering. It but too frequently happens, that neither the rich in purse nor in health appreciate the advantages of their situation, until they pay the heavy tribute which is due to experience; and well would it be for us did we pay it at the proper time. The sighs of regret uselessly expended might then be spared. But it would seem as if we were not allowed to come into the possession of our proper feelings, until suffering has paved the way for enjoyment. Thus it is that health is frequently sacrificed to a sordidness of temper. How many have fallen martyrs to excessive study, or to laborious exertion in the counting-house, who, had they but relieved their overstrained powers by moderate relaxation, might have lived to enjoy the fruits of their industry. The structure of their ambition, which their health is destroyed in rearing, too grand for their weak powers to sustain, becomes the engine of their destruction, it falls and crushes them. We must, therefore, once more impress upon our readers the necessity there is for air, exercise and amusement, in this season of the year, especially to those who are confined during the greater part of the year closely to business. We advise them to fly from the close atmosphere of the metropolis during as great a part of the Summer heats as they can conveniently spare from their avocations; for during that season the air

——— floats a nauseous mass
 Of all obscene, corrupt, offensive things.

Though it is not so much the heat itself as the various and accumulated pollution with which in the warmer months the atmosphere of the metropolis is impregnated, that tends to disorder and debilitate the constitution of its inhabitants. Happy are they who, unconfined by professional or any other chains, find themselves at this season of the year at liberty to enjoy the salutary fragrance of vegetation, or to seek refreshment and relief in the still more enlivening breezes and invigorating exhalations of the sea. London, which at other times serves as a kind of nucleus for an accumulated population, seems, in the latter part of Sum-

mer to exert a *centrifugal* force, by which are driven to a distance from it a large proportion of those inhabitants, who are not fastened to the spot upon which they reside by the rivet of necessity, or some powerful local obligation.

All, then, whose personal freedom is not restricted within geographical limits, act most wisely in thus freeing themselves from the bondage and slavery attendant upon procuring the means of existence. But too frequently is this application productive of disease, and to remedy the evil recourse is had to drugs, which, for the most part, prove wholly inefficient, while air and exercise would act almost as a specific.

“An amusing instance,” says an eminent physician, “of the unreasonable expectations entertained from the efficacy of drugs, occurred not long ago in a person who came to me to ask for some corroborative medicine, that might enable him to go through a Chancery-suit which was impending over him. He was not then ill, but he expected to be so. He wished for bark, or some more efficient tonic, which might give him strength to bear up against the intrigues of villany, and to prop his mind under the pressure of unmerited reproach. This patient, if he might be called such, reminded me of a knight of some literary notoriety, who relates of himself, that whenever he was in love, to which passion in his youth he was much addicted, he used to swallow great quantities of the cinchona, in order to cut short this species of fever, or to counteract its debilitating influence upon his frame.”

Turtle, the far-famed aldermanic luxury—arrives this month, which with buck venison, are now introduced at polite tables. Salmon, sturgeon, lobsters, turbot, haddock, eels, &c. are in high season. The prince of fresh water fish, the trout, is also produced, and forms a favourite dish at genteel tables.

ADVICE TO MAIDS AND BACHELORS ON MARRIAGE.

The numerous marriages that are entered into with heedless haste and careless indifference as to the principal thing necessary in such a contract, viz. the health of the parties, has induced us to lay before our readers a few observations which we imagine cannot fail to prove interesting. The responsibility of parents may be said to commence upon their first intimacy, and it is at that period that every care should be taken to acquire a knowledge of any disqualification, if any such exists, in either party, and where it does to shun a connexion which can only be productive of misery—not only to themselves, but also to their off-

spring. That "there is a fate in marriage," is a common vulgar saying, which however it may cloak the imprudence of the act at the time, proves but too frequently in the sequel too true. When the blindness of passion is removed by the interference of the judgment, we then see clearly the true state of our affairs, but too late, alas! to remedy the evil. Our remarks, though principally relating to females, are no less applicable to the other sex.

Best period of life to Marry.

It is notorious, that the development of the body is successive, and requires a certain period for its completion; consequently, that certain functions cannot be performed in their best manner until the body has acquired its full development—this rule applies as well to the female as the male. It is also familiar to observation, that when any function is prematurely urged, it leads to the imperfection of the product dependent upon that function; as well as entails upon the part so exercised, debility and premature decay.

From this it will follow, that too early marriage is never to be advocated; since it will materially influence the health and well-being of offspring. This fact is no less conspicuous in the inferior animals, than it is certain in its consequences in man. We would therefore not only say, that marriage should not take place until the body is healthily and completely developed, but also, that there should have been, on the part of the male, the most scrupulous continency, that the great object of marriage (the propagation of healthy children) should not be defeated: this cannot be too strongly insisted upon, however little it may be availing. The female is always supposed to be so.

It would be difficult rigorously to fix the period, by years, at which the body becomes fully expanded; since, original stamina, physical and moral education, climate, mode of life, &c. will have their influence; but we may with much certainty fix it in this climate, at between the twenty-third and twenty-fifth years, for the male; and from the nineteenth to the twenty-first years, for the female. We are informed by Tacitus, that the ancient Germans never married until the twenty-fourth or twenty-fifth year of their age, and were as continent before that consummation, as the females to whom they were united; in consequence of which, they acquired a size and strength, that excited the astonishment of even the Romans.

Evils of Premature Marriages.

Though we are far from discouraging early marriages, yet we are decidedly against premature ones. By early marriage we would wish to be understood, such as may take place so soon as

the body has received its first expansion ; and that time, we have just fixed, as a general rule, at nineteen, or a little more, for the female ; and twenty-three, and a little upwards, for the male. By premature ones, we mean those which happen before the system has received its ultimate development.

It will readily be seen, that no precise or absolute rules, based upon the lapse of years, can be laid down ; since the bodies of both males and females may be precociously expanded, or may be preternaturally retarded. In the first instance, the period we have assigned may be anticipated with safety ; but in the second, it would be wise to extend it. Thus, in India, females become mothers oftentimes at ten ; while in Lapland they rarely give evidence of womanhood until eighteen ; consequently, the women of India would be on the wane, did they wait for the limit at which it would be proper for a Lapland woman to marry ; and the Lapland woman could not support the contingencies of marriage, did she attempt to regulate it by the usage of India.

Advantages of Early Marriages.

We are, however, strong advocates for early marriages (agreeably to our definition of them) ; we are persuaded of the importance of both their moral and political tendency ; and we think they should ever be encouraged, wherever there is a rational expectation of both these great ends being answered.

The consequences of ill assorted marriages were well known to the ancients, and were strictly forbidden by the Greek legislators ; and though things have not proceeded to such length in this country, as to require the interference of the laws, it is nevertheless sufficiently common, to make a caution upon the point proper. Should no attention be paid to compatibility, the obvious and most desirable objects of marriage will be defeated, and one great source of health and longevity destroyed ; for it is a fact, no less important than well established, that a well regulated marriage contributes largely to these two great ends. It is declared by Hufeland, that all those who have attained great age were married even more than once, and generally at a late period of life ; and that there is no instance of a bachelor attaining a great age. We may give two remarkable instances of longevity, where marriage was often repeated : one in the celebrated Thomas Parr, who attained to one hundred and fifty-two years, and was married several times ; and the other in De Longville, of France, who lived until he was one hundred and ten years old, and married ten wives ; his last he married in his ninety-ninth year, and she bore him a son when he was in his hundred and first.

It would seem to be agreeable to all observation, that better constitutions are perpetuated to offspring by men advanced in life, where the physical powers have been well preserved by moderate and proper use, than by young men who have been prodigal of them; for it is oftentimes better to be old in years than in constitution.

Though we have said that men advanced in life may have healthier offspring than the man who too early attests his prowess, or the one who has been too prodigal of his powers, we are not advocates for the union of old age to blooming youth. On the contrary, we are entirely convinced, that none so completely fulfil their duties to society, as those who unite themselves so soon as the proper development of body and well established health will justify their union. Yet we are equally persuaded of the truth of what we have just observed; namely, that a man advanced in years may have every requisite firmness of constitution to justify a union; while a young man, who may have a natural feebleness of constitution, a strong predisposition to disease, or its actual existence, or a debility from overtaxed powers, may be altogether ineligible to it.

Necessity of a Sound Constitution.

It is not alone sufficient for the best purposes of marriage, that the body has received its final development, either on the part of the male or the female; since all the functions of the body may be disturbed, by either feeble organization, disease, or accident. When, then, the male and female, or either, has suffered in constitution, it is not to be expected they can impart to offspring that which they themselves do not possess. It should, therefore, always be a consideration in a marriage contract, that both parties be of sound health and constitution.

We are aware, it may be said, in many instances, that hale, healthy looking children belong to people of feeble constitution, but we must be cautious how we admit this, as militating against our position; since such appearances are by no means conclusive of the goodness of health or the soundness of constitution. We have many times seen children of robust appearance from parents of feeble health; but we do not recollect a single instance where such children attained an age much beyond manhood—old age was out of the question. Indeed, it would seem, in many instances, that children of such parents most frequently give an early promise of health; but it is illusory—for it is never, or but very rarely, realised. In the early part of the lives of the children of whom we are now speaking, a rapid, but morbid, development of the body takes place; every function is inordinately performed; and when the constitution is confirmed in appear-

ance by such a display of health, it is but hastening to decay. Let us not then be deceived by such appearances; and when we are making a choice for our children, let us select such as give a rational reliance upon the soundness of their constitution.

Danger from an Hereditary Taint.

There are numerous diseases, or rather a disposition to them, which do not show themselves for many years after birth, or until they are called into action by some exciting cause, suddenly or gradually applied; such as gout, madness, scrofula, consumption, &c. Those who may inherit such predispositions, may for many years enjoy good health; and may not be led to suspect any cause to be lurking in their systems, which, when called into action, shall but too soon destroy such flattering expectations. It, therefore, becomes a point of duty in parents to investigate the tendency to hereditary complaints, before they connect their children with those who can give but a temporary security against the most painful, afflicting, irremediable, or suddenly fatal diseases.

We hold it selfish at least, if not dishonest, for either sex to marry under such predispositions, when, from the knowledge of the diseases of their forefathers, there was every reason to anticipate a perpetuation of them. Who has not witnessed the most deplorable consequences of such unions?—and who, after witnessing them, would not deprecate their continuance, or further propagation? This subject is one of much importance, for some of the best interests of society are involved in it; and every one is concerned in diminishing the evils spoken of, by preventing marriages, which can promise nothing but the extension of the most dreadful diseases. We have seen but too many instances of the perpetuation of each of the diseases above enumerated, not to feel interested in arresting them, by recommending the two only means by which they can be either prevented or mitigated; namely, by judicious and well assorted marriages, and a well conducted physical education.

By the first means, we may stop in a great measure the hereditary transmission of predisposition, by selecting such subjects as shall be free from constitutional taint; or at least we may diminish by this plan the risk of such occurrence, if we cannot ensure exemption from it. We may also do much good by preventing the union altogether of such as may have these tendencies; or diminish the evils in a degree, when no better can be done, of not admitting to this union more than one of the party who may have hereditary taints.

By the second, much may be effected by invigorating the system in general, so as to render it less susceptible to exciting

causes; by attention, while conducting this education, to strengthen the particular parts which may be predisposed to disease.

Of the Immediate State of Health.

By the immediate or actual state of health, we would wish to be understood, that condition of the system, in which either of the above named diseases is absolutely developed. It might at first sight appear strange that we should notice this state of the system; as every one would seem to be apprised of it, and consequently the person labouring under it would not be considered eligible, by any one for the married state. But this is not exactly so; as we find that every kind of artifice is resorted to, to hide their condition from those the most interested in the knowledge of it—hence the frequency of marriages under such circumstances.

Besides, it but too frequently happens, that this foreknowledge is entirely disregarded by the persons most concerned—this may arise from several causes; 1st, to a want of proper feeling for the consequences of such diseases, when extended to offspring; 2d, to a hope of escape from their consequences, as sometimes happens; 3d, to an ignorance of their nature, and of the risk of their propagation; 4th, to a disgraceful selfishness, where fortune or beauty is concerned.

Disability from Habitual Intoxication.

It is not however predisposition to disease, or its actual existence, that exclusively disqualifies the parties for marriage—or that may entail feebleness of body or mind upon offspring; for there are others, equally certain, though less notorious to common observation; such are the habits of general dissipation and habitual intoxication. The first appears to have most effect upon the body; the latter upon the mind, therefore a woman should not unite herself to a man who labours under either, if it be known; and the laws should protect her by granting a divorce, if it occur after.

In this country, the vice of intoxication is more common than the other; but unfortunately for the poor woman, it but too often occurs only after marriage; and against this the laws make no provision—she is then doomed, in her own person, to all the horrors which await the vice; and her children are to be the inheritors of feeble constitutions, or, what is perhaps worse, the predisposition to derangement of mind.

Disability of the Female.

On the part of the female, certain physical disabilities may exist, which would render her ineligible for the married state;

these should neither be concealed, nor passed over slightly; since, with a knowledge of them, it would be dishonest towards the man she may marry, as well as fatal to herself. We would therefore recommend to a woman who may be deformed, to abstain from marriage, as she may purchase the title of wife at too high a price; and we would advise such as may be disposed to cancerous affections, or such as may have one in an active state, to refrain from this state, as she can promise herself nothing as regards her disease, from this ceremony; for with it she must linger through continued ill health and pain, and inevitably become a source of misery and expense to her husband, whose patience and resources may be but too easily exhausted, and she fall an earlier victim than from disease alone.

We would also recommend the female not to put off this ceremony to too late a period of her life, when she can with propriety do otherwise, unless she be content to endure more than ordinary suffering from child-bearing, as well as become regardless of the pleasure of seeing her children settled in life before she leaves the world, by even the common contingency of age. Women who have passed the thirty-fifth year of life, might perhaps do best by further submitting to farther procrastination, that the period of child-bearing might be passed.

Upon the same principle, in part, would we caution the very young girl, not to enter into this state; as she, like the woman who has waited too long, is liable to severe suffering from labour. In the woman too far advanced, the parts concerned in parturition seem to have forgotten, in a degree, their offices; while in the too young female, they have not entirely or perfectly acquired the capacity. These facts are too well known to be disputed; and nature seems to have contended for prerogative in both instances. Shall we then become voluntarily blind, by shutting our eyes against her obvious intentions? Do not these facts emphatically declare, there is a time best fitted for marriage? This time we shall fix at nineteen for the earliest, and five and twenty for the latest, best periods.

We do not, however, mean to say the period fixed for the earliest may not without much risk be anticipated a little, or that the second may not safely be exceeded—we mean merely to insist, that the periods just designated are best as general rules; for it is but general rules we can lay down upon this subject.

NEW METHOD OF RESTORING HEALTH AND ACQUIRING STRENGTH IN OLD AGE.

Though it has been asserted that the wick of life emits in pro-

portion as it lengthens a dimmer and more languid flame, and though philosophy teaches us that age cannot draw upon the treasury of youth to supply its vitality, yet are we of opinion that the lamp may be made to burn brilliantly and cheerfully to the last, instead of flitting with uncertain and unsteady light. What though our hours be numbered, it is our duty to "live all the days of our life;" and as we know not when we may be summoned, we hold it to be our duty to preserve our age as green and hale as in our power lies.

The debility of our bodies but too frequently causes a corresponding debility of the mental powers. The mind and body become both curved, and medicine in most cases is inefficient in the removal of either. To possess a sound mind in a sound body must be the wish of every one, and as we consider that the possession of the former is in great measure the consequence of the latter, we know of no means which promises to realize the possession of health and activity to the aged with such certainty as that which was practised by Admiral Henry, and which he commenced in a slight degree at the age of 51, and continued till within these three years, at the age of 91, and indeed may be still pursuing the same practice to this day.

Aware that the chief cause of disease and rigidity of age arises from a want of free circulation, and that the best means of correcting a tendency to disease is to prevent the nerves and tendons from falling asleep or getting fixed, he naturally thought that he could prevent it by keeping the blood-vessels, nerves and tendons in constant action, and therefore had recourse to instruments of bone, with which he used continually to rub and beat the whole of his body, by which means he not only kept off the decrepitude of old age, but conquered the pains of rheumatism, dispersed the gout, and removed the excruciating torture of *tic douloureux*.

Instruments Used.

The instruments are all of a violent description. They were at first made of bits of wood, as they could easily be fashioned into any shape; but finding that they excoriated the skin, he was induced to try bone, which answers the object in view. The bones are boiled to take out grease, and then are smoothed and shaped by a file. The bone instruments are principally made from the ribs of cattle, and it is a great advantage to have them bent, as they can thus be applied more successfully to the different parts of the body. Any knobs are preserved, and others, where necessary, made with a file, so as to apply with effect across the tendons, as they are of great use in forwarding the

process, particularly if they are situated in the middle of the bone.

Mode of Application.

Every part of the body ought to be daily acted upon by some of these instruments, for the purpose of preserving health, and warding off the infirmities of old age. It was in the year 1787, that he was accidentally led to apply the wooden tools to his knees, ancles, and insteps, which were all much swelled and hard, owing to the rheumatism, and very painful when touched: and though the operation was slightly done, yet he found considerable benefit from it. This gave him more confidence in the success of his plan, and induced him afterwards to try larger and stronger instruments, and to apply them with more force.

To strengthen the feet, Admiral Henry is accustomed to tread the one over the other, with the shoes off, or entirely naked; he also uses the hammer, with a piece of cork covered by leather at the end of it, for the soles, and the bone instruments to move the tendons. His feet have thus become perfectly sound and well. By the same instruments, he has greatly strengthened his heels, and the tendon Achilles, both of which require constant beating, the circulation being very sluggish in both places.

The thighs cannot be too much hammered, and if it is left off, they soon feel the want of it. The admiral used the round ends of common glass vials for that purpose, corked, to prevent their breaking, and smoothed by a file. A solid piece of glass may likewise be used, made in the shape of a vial, smooth at one end, the other should have a lip like the common vial, but stronger, and rounded, as it then may be applied to move the tendons.

The stomach and bowels had long been in a very bad state: hard, painful when touched, and often disordered; but by working them in bed, with a bone rounded at the end, in each hand, digging into the stomach as much as possible, particularly about the navel, and making the two instruments meet among the bowels, as much as they could be forced to, the stomach is thus rendered so strong, that it will digest any thing.

The scrotum ought not to be neglected; and it is singular that the testes, which from age had become small, became, in consequence of these operations, as large as ever they had been.

The whole of the breast should be worked hard with the vials, and up and down over the lower edge of the breast-bone. The collar-bone should be treated in the same manner: and the bone instruments should be also applied to the tendons under the cheek-bones. The ends of the two thumbs should be applied to each side of the gullet, and the gullet parted from side

to side with much force, which will prevent an ossification of the throat, and keep the two passages clear.

The mouth, in general, and under the tongue, ought to be treated in the same manner, either with the back of a dessert silver spoon, or with tools made from the handles of old tooth brushes. The roof of the mouth also, should be thus rubbed, which prevents the swelling of the uvula, and sore throats.

The whole skin of the head, more especially the hind part, requires to be frequently rubbed and seraped by the bone instruments, or by a table-spoon. It clears off all scurf, and so hardens the head, that Admiral Henry, who, before he used these operations, could not sleep without two double flannel night caps, now only wears a single linen one, in the coldest weather.

The arms and hands are to be also rubbed, and with as much force as they can possibly bear. When he first applied the wooden instruments to the arms with great violence, he found that the flesh became discoloured, and he was obliged to desist for a fortnight; at the end of that period, however, he was enabled to apply the instruments again, without so much pain, and with benefit; and now no pinching or blows have any effect in discolouring the skin.

Whenever he finds any part painful, on the tools or instruments being applied to it, he is convinced, that the nerves or tendons are diseased; and he never ceases working with the tools, until all pain ceases on their application, and the tendons feel loose.

Many of these operations are at first painful, but they cease to be so, if persevered in, and become even pleasant, and so useful, that after going through them in the morning, one feels better all the day after. If regularly done for some time, the muscles become so sound and firm, that neither pinching, nor even beating with violence, gives any pain; while, with the improvement of the frame, the mind becomes stronger, the spirits improve, and the faculties are strengthened.

Miscellaneous Particulars.

In regard to diet, Admiral Henry takes any thing that is presented to him at breakfast or dinner, but no tea or coffee in the evening, as it prevents his sleeping. For supper he takes boiled milk, with a large slice of stale bread, either boiled with it, or put in afterwards, which is converted into a kind of mucilage, and the same mess for breakfast, when alone. He uses no salt, pepper, mustard, or vinegar, requiring no stimulants to assist his digestion. He takes at the rate of half a dozen of glasses of wine, either white or red, sometimes more and some-

times less, unmixed with water, that he may relish it better, but as much water afterwards as the wine he had taken, which prevents any bad effects from the wine.

In regard to exercise, he is constantly in motion, and never sits down, except when reading, or at meals. The use of the tools, which insures the free circulation of the blood, renders any other sort of exercise less necessary.

There is nothing particular in his mode of clothing, except that he wears, in cold weather, even in the house, a surtout of common woollen stuff, for women's gowns, worth twenty pence a yard. This dress in walking is very light, it is made to button its full length to below the knee; it thus keeps the wind off the body, and not fitting close, always contains a warm atmosphere round the body. He never wears a cloth great coat, which gets very wet in rainy weather, and must then be extremely injurious. Since the introduction of umbrellas, the use of great coats, except on horseback, may be given up.

As to sleep, he goes to bed at nine o'clock, when he has no company staying with him, and uses his instruments in bed for a couple of hours. He sleeps from four to six hours, and he does not feel so well afterwards, if he takes more repose. He is always ready to get up with pleasure in the morning.

The Result.—Thus it appears that Admiral Henry, *with a view of preventing and curing disease*, has taken more liberty with the human frame, than probably any man has ever before him attempted; and that it has never till now been ascertained, what the body could bear, not only with impunity, but with advantage. The result is, that Admiral Henry at the age of above ninety-one, has all the activity of middle age; has got the better of several disorders with which he was afflicted;—feels himself now in as good a state of health as any man in England, and is likely long to enjoy that blessing, having discovered the means by which, so far as his experience goes, maladies that might otherwise be fatal, may be cured; and many of those disorders to which old age is liable, may be warded off.

NEW MODE OF TREATING CONSUMPTION.

The best writers agree, that this disease originates from obstructions in the small vessels and glands, either in the lungs, which are the most common seat of consumptions, or in the glands of the various parts contained in the lower belly; such as the liver, mesentery, &c. That inflammation, varying in degree, attends these obstructions is evident on the most cursory observation; and what Mr. Hunter has proved to be always

the case in inflammation, we must consider particularly in this disease; namely, that a portion of the coagulable lymph (the most viscid fluid in the human frame, when altered from its natural state) is thrown out, and principally occasions the further obstruction and tumefaction near the parts inflamed; for that the coagulable lymph has an increased degree of tenacity, the almost general sizzly appearance of the blood, when drawn in this disease, affords the plainest evidence. If then a saponaceous fluid, capable of dissolving this extreme viscosity of the coagulable lymph, and penetrating the inmost recesses of the obstructed glands, is discovered: if such a fluid is readily absorbed, and when received into the circulation appears to produce those changes which reason would point out to be proper, we have just cause to expect the best effects from its use. Such in several cases has been the properties of the following liniment:—

Of soluble diuretic salt,
and soft soap, of each one ounce;
essence of lemon, 1 drachm.

Mix and apply.

That the liniment is capable of being absorbed, the slightest experiment will evince; by slowly rubbing the quantity of a tea-spoonful on the arm, or other parts of the body, it will soon almost wholly disappear; and that it so acts on the system, as to abate inflammation, dissolve obstructing matter, and allay irritation; we consider is evident from attention to the state of the pulse, before applying the liniment, and about an hour afterwards; as several instances have shewn, the pulse after the application of the liniment has become much slower, and continued in that state a considerable time. This sedative quality, we likewise consider, assists to restore the absorbent vessels to their natural or proper action. Another circumstance, and which gives the greatest reason to hope for a removal of the cause of the disorder, is, that a portion of the coagulable lymph, and other obstructing matter, is dissolved and passed off by the urine, sometimes within a few hours after the first application; for the urine will often appear turbid, and deposit a sediment after the use of the liniment, when before its application it has had only a clear appearance, varying in colour according to the stages of the disorder.

The application of this liniment cannot be too early in every disease, that gives the least reason to suspect a consumptive tendency; but when it is entered upon, the patient must determine on perseverance, even for a few weeks if required; for although it soon removes what pains are felt, it is necessary to continue its action on the constitution some time, in order to

wholly remove the disease. If the lungs are principally affected, let a tea-spoonful be slowly rubbed on the breasts, and over the stomach, with a warm hand, morning and evening, while the patient is in bed; at first let it be rubbed on slowly, and stop about half a minute at intervals; then renew the rubbing, and thus continue until the whole is absorbed; after it has been used a few days, increase the quantity to two or three tea-spoonfuls at a time. If the complaint originates in an affection of some of the contents of the abdomen, (when griping pains are frequently felt, which are sometimes followed by purging stools; at other times the pains are equally severe, if the body is costive) let the liniment be rubbed, as above directed, all over the stomach and belly; and after using it, let a flannel waistcoat be put on, and be worn next the skin. It will be proper, before every second or third application, to wash the parts on which the liniment has been applied with a little warm milk, and wipe them dry with a warm cloth. When it is applied to children, or those whose skins are particularly delicate, let an equal quantity of fresh milk, or cream, be mixed with the liniment before it is used. If in a few days after continuing the application, it should be found, that the urine has not a more turbid (or thick) appearance, let the same quantity of the liniment be rubbed on the arms, legs, or thighs, and be occasionally varied; for the absorbents in the limbs may possess a power or disposition for action, which is not so perfect in those vessels nearer the stomach.

GOURMANDERIE AND TIPPLING PRACTISED BY FREE MASONS,
AND OTHER LEARNED MEN.

If what brother Eugenius Philalethes, author of long livers, a book dedicated to the Free Masons, says in his preface to that treatise, be true, those mystical gentlemen very well deserve a place amongst the learned. But, without entering into their peculiar jargon, or whether a man can be sacrilegiously perjured for revealing secrets when he has none, we do assure our readers, they are very great friends to gourmanderie. An eye-witness of this was I myself, at their late general meeting at Stationers' Hall, who having learned some of their catechism, passed my examination, and took my place accordingly.

We had a good dinner, and, to their eternal honour, the brotherhood laid about them very valiantly. They saw then their high dignity; they saw what they were, acted accordingly, and shewed themselves (what they were) men. The Westphalia hams and chickens, with good plumb-pudding, not forgetting the deli-

cious salmon, were plentifully sacrificed, with copious libations of wine for the consolation of the brotherhood. But whether, after a very disedifying manner their demolishing huge walls of venison pasty, be building up a spiritual house, I leave to brother Eugenius Philalethes to determine. However, to do them justice, I must own, there was no mention made of politics or religion, so well do they seem to follow the advice of that author. And when the music began to play, "Let the Queen enjoy her own again," they were immediately reprimanded by a person of great gravity and science.

The bottle, in the mean while, went merrily about, and the following healths were begun by a great man, The King and the Royal Family; the Church as by Law established; Prosperity to Old England under the present Administration; and Love, Liberty, and Science; which were unanimously pledged in full bumpers, attended with loud huzzas.

The faces then of the most ancient and most honourable fraternity of the Free Masons, brightened with ruddy fires; their eyes illuminated, resplendent blazed.

Well fare ye, merry hearts, thought I; hail ye illustrious toppers, if liberty and freedom, ye free mortals, is your essential difference, it richly distinguishes you from all others, and is, indeed, the very soul and spirit of the brotherhood, according to brother Eugenius Philalethes I know not who may be your alma mater, but undoubtedly Bacchus is your liber pater.

'Tis wine, ye Masons, makes you free,
Bacchus the father is of liberty.

But leaving the Free Masons, and their invaluable secrets, for I know not what they are worth, come we now to speak of other men of learning, who loved to indulge their genius with the delicious juice of the grape. And here we need not fly to antiquity, which would swell this paper into a large volume; later times will furnish us with many a bright example. *Non semper confugiamus ad vetera.*

A man of learning, after ten or twelve hours daily study, cannot do better, than to unbend his mind in drinking plentifully of the creature; and may not such a one say to himself these verses of the French poet:—

Why should I pass away my time in vain,
And, to compose a book, dry up my brain,
When all the recompense I'm like to find,
For all the toil and labour of my mind,
Is the unthinking silly idiot's hate,
And the contempt and scorn of all the great.

I must own I would have the indefatigable labour of such a

one gain an immortal reputation after his death ; but after all, to weary one's self, or one's life long with those views, is very chimerical. And certainly, he that makes but little account of the honours that might accrue to him after his death, acted like a man of sense. *Si venit post fata gloria non propero*. Is it not infinitely better to divert one's self while one lives, than to idle all one's life away on poring upon books ?

Nicolas de Bourbon, of Bar sur l'Aube, was nephew's son to the poet Nicolas Bourbon, who lived in the time of Francis the First ; after having been King's professor, then canon of Langres, made himself father of the oratory. He was a prodigious dry soul, and loved good wine, which made him often say, that though he was of the French academy, yet that when he read French verses he fancied he was drinking water.

The great Buchanan, so famous for his fine writings, was a terrible drinker, if we may give any credit to Father Garasse. What follows is taken out of his *Doctrine Curieuse*, p. 748. "I shall," says he, "recount to our new atheists, the miserable end of a man of their belief and humour, as to eating and drinking. This libertine having passed his debauched youth in Paris and Bourdeaux, more diligent in finding out tavern bushes than the laurel of Parnassus ; and being towards the latter end of his life, recalled into Scotland, to instruct the young prince, James VI. continuing his intemperance, he grew at last so dropsical by drinking, that by way of jeer he said he was in labour. *Vino intercute not aquâ intercute*. As ill as he was, he would, however, not abstain from drinking bumpers, and them too all of pure wine, as he used to do at Bourdeaux. The physicians who had care of his health, by order of the King, seeing the extravagant excesses of their patient, told him roundly, and in a kind of heat, that he did all he could to kill himself ; and that, if he continued this course of life, he could not live above a fortnight, or three weeks longer. He desired them to hold a consultation amongst themselves, and let him know how long he might live if he abstained from wine. They did so, and told him he might on that condition live five or six years longer. Upon which he gave them an answer worthy his humour. Go, says he, with your regimens and prescriptions, and know, that I had rather live three weeks, and take my wine every day, than six years without drinking wine. And as soon as he had thus dismissed the physicians, he caused a barrel of wine of Grave to be placed at his bed's head, resolving to see the bottom of it before he died ; and carried himself so valiantly in this encounter, that he drank it up to the lees.

The illustrious professor of Utrecht, whose name shall live as

long as the republic of letters shall subsist, was a great drinker, and valued himself for drinking a great deal. It is reported of this learned man, that at the Congress of the last peace, a certain German prince, of a sovereign house, came on purpose to have a brush with our professor, who accepted the challenge, and came off victorious, having fairly laid his enemy speechless on the floor.

FAMILY ECONOMY, WITH PRACTICAL HINTS.

He who rests his hopes more on his own diligence and cares, than on aid from others, will escape many wants and disappointments. That most persons may effectually relieve themselves, even more certainly than from the assistance of a benefit club, the following fact may serve to illustrate:—A careful tradesman, with an increasing family, disgusted with the frequent disputes and frauds, as well as the waste and trouble, witnessed in the club he had joined as the most select and respectable, determined on abandoning it, and forming a club box of his own, the contents of which he used to call his “money of emergency;” and the practice to my certain knowledge has been successfully continued for many years, though at first he had not sufficient confidence in himself to prevent the following objection entering into his mind, viz. that the money being always in his own possession, he should be tempted to use it without sufficient reason. But the consciousness of the advantages resulting from his own firmness has hitherto been sufficient; and though at first his daily contributions to his box were small, they were yet sufficient to enrich it; proving the truth of the Arabian proverb, “drops added to drops constitute the ocean.” Whatever saving he can make from his little indulgences are now also added to his stock. The reasons for other persons adopting a similar practice are those, that there are cases of emergency which a club does not assist, and sometimes the club box is obliged to be shut against *every* claim, though the claimant may have contributed to it many years: neither is there any chance of its being squandered or stolen by dishonest landlords or stewards. If we become weary of our subscription, we have no need to give it up to the benefit of others. In this plan there are no fines to pay, no offices to serve, and no risk of being struck off from its benefits. Similar advantages would be derived from a public box in work-shops and manufactories; and the health and habits of children improved, if the money spent in trash were thus deposited by them.

On the same principle many a poor man might be decently and comfortably clothed, at two-thirds of the expence which is

incurred by joining a clothes club; to say nothing of the ill habits which are often acquired at public-house meetings; or by the loss sustained in dealing with *talley men*, though I would not be understood to mean, that while I recommend a better plan, the former are absolute evils.

An early attention to the practice of economy is the more necessary, as our future welfare is most materially influenced by our choice of a companion for life: the most afflicting circumstance that can befall a prudent person, is to be wedded to one, who, regardless of the consequences, in the fullest acceptance, “lets to-morrow care for itself;” forgetting, that “when poverty comes in at the door, love flies out at the window.” It is then that the bands of wedlock are found to be of iron, instead of silk: so necessary is an early tuition in the arts of saving, that no patrimony can be equal to it; and it will in general be found, that those who are united to a person who is sagacious or diligent enough to *save* a fortune, are better off than such as have one *given* with them.

Economy should not be understood to mean those sordid and greedy views, which are only centered in *self*; economy properly understood, is a duty we owe to our family and the public, as well as to ourselves; and as it is found to be the source of plenty, let the unfortunate, the helpless, and the distressed, be considered as a secondary part of our family, which we shall find a real reward by relieving; a self satisfaction which will outlive the brilliancy of a silk gown, or the gloss of a superfine coat.

An easy, as well as an irritable temper, should be strictly watched and governed; by the first, we are often drawn into unnecessary expences by the importunity of others; by a wish not to “appear little in company;” (as it is termed) or by too frequently indulging our taste or fancy; and by a waspish and petulant demeanour, many a ruinous law-suit has been promoted, and many tradesmen have driven those from his presence, whose services, or whose custom, would have accelerated his fortune.

The indulgence of our fancy when not carried to excess, may sometimes rather be encouraged than suppressed: thus a man who delights in attending to a pair of breeding canary birds will find his attachment to his home stronger; and the expence much less than if he had purchased a pack of cards, or a seat at the theatre. There are many theatrical representations, which are not only calculated to delight the eye, but also to amend the heart; but when I hear people with but moderate incomes, immoderately lavish in their praise of this pageantry; and enthu-

siastically naming their favourite performers, I think it equally fatal and ridiculous, as one who with much spiritual pride makes you acquainted with the time he has lost in following the famous Mr. Such-a-one, to hear him expound his new doctrine: or like one, who is never so well pleased as when he is acquainting you with the success and genealogy of race-horses.

EFFECTS OF ACID ON THE STOMACH, AND ITS CURE.

The chief cause of most of our diseases is, a superabundance of acid upon the stomach. All impurity and turgidity, or thickness of the blood arises from the too great prevalence of this acid. The blood which is generated from the food taken into the stomach, where an undue portion of acidity prevails, is not in a sufficiently pure state to traverse the vessels with uninterrupted fluency—hence arises the incomplete performance of its duty; the vessels are therefore clogged, from the turgid impurity of the blood appointed to run its course throughout the system; and as, at the extremities, the blood has to perform the process of escaping from the arteries into the veins, these parts are first subject to attacks of the gout when the blood-vessels are more than usually overcharged with the acrid impediment proceeding from a stomach peculiarly disposed to deliver its supplies in an adulterated condition. Thus much for gout.

The vessels of the brain, being finer than most others, particularly require the blood passing through them to be free from turgidity; if the blood partakes too much of this quality, the passage through the vessels is impeded, and thus produces that fulness of the head, frequently terminating in apoplexy, only to be described to those who have experienced the insufferable oppression. Rheumatism has also its cause in impeded circulation, similar to gout; so has numbness and paralytic affection; but what are usually termed bilious attacks or sensations, proceed from the over-existence of acid on the stomach itself, and is the beginning cause of the future bad effects. Mental agitation is, more than any thing else, conducive to this most unpleasant of sufferings, and under this sympathy, gout is the common consequence of a mind distressed by agitation or disappointment.

We have thus explained shortly a theory on the cause of gout and its affinities; let us now see how far this theory is supported by practical observation. There are many persons afflicted with the disorder termed bilious, who are never subject to gout; but it is rare, indeed, to meet a gouty person who is not affected with bilious sensations of the stomach and head, from

which, our theory says, gout proceeds. We find persons disposed to gout invariably complaining of these symptoms, and, from their prevalence, especial care is called for in the selection of food and liquor; confirmed gouty patients are always knowing on the subject of diet; necessity has taught them the wisdom of caution, and that different dishes produce on their stomachs and constitution different effects. All this care is directed, often without the knowledge of the patient, to one particular object, and that is to avoid the swallowing of such articles as produce acidity upon the stomach.

In the choice of diet, it is very difficult to ascertain what will *not* produce this acid, for, at times, particularly on an approaching fit of the gout, the stomach itself is so predisposed to acidity, that its contents curdle, let them be ever so judiciously selected. It is from this that gouty patients so often complain of the inexplicable nature of their disorder, for that, its causes are so variable, it is impossible to define its source. The fact is, that at some times the same food may be taken without injury, which at others would infallibly produce gouty sensations; this arises from the predisposition of the stomach to acidity.

The reason why the same disposition to acidity exhibits itself in some constitutions by gout, while in others it appears in the shape of bile, is, that you will rarely find a gouty man who is not of rude health and frequently florid complexion, both indicating a superabundance of blood and strength of constitution; the martyrs to bilious complaints seldom have this robust appearance, their complexions are sallow, their visage thin, and their veins appear the very reverse of replete. Although, therefore, gout and bile spring from the same infirmity of the stomach, yet the subsequent consequences are widely different, and by reference to the system of the blood, we can easily account for the dissimilarity.

The blood is forced *from* the heart through the arteries; it returns *to* the heart by the veins; the first attacks of gout and extreme cold always are experienced at the extremities of the body, that is, at the precise spot where the blood quits the arteries and enters the veins; the arteries being capable of expansion, which the veins are not; this transition is subject to impediment, both from the extra quantity of the blood in full habits, and also from the turgidity produced by the too acid ingredients from which it has been formed.

In bilious habits, free from gout, only one of these impediments exists, from their being less full; and although the turgidity of the blood, from the same cause, occasions a torpid circulation, yet the gouty effects in the extremities are not ex-

perienced. The sensations in the head, arising from the same cause, shew themselves also very different. The bilious person complains of headache, while the gouty gentleman complains of that indescribable fulness, almost paralyzing every effort at exertion. The brain is thickly studded with blood-vessels, but has none of the vessels of absorption, so that the blood passes through the brain in the exact state in which it enters; but, as at the extremities, the one patient is inconvenienced by his blood being too copious, and also too thick, the other is affected by its turgidity alone. This accounts for the different sensations in different habits, but it does not destroy the opinion that both inconveniences have their origin in the same cause, for the obstruction of the passage through the veins, in both cases, arises from the impurity of the blood.

EASY AND EFFECTUAL METHODS FOR THE TREATMENT OF ACCIDENTS, &c.—No. II.

[Resumed from page 374.]

Contusions and Bruises.

In this accident we have three different successive stages. In the first, we have an impaired state of the vitality of the part, the consequence of the injury received by its nerves and blood-vessels: in the second, we have an inflammatory condition present, the necessary consequence of the first: and in the third, we have a state of debility, the result of the preceding increased action. There is always more or less extravasation of blood, from the rupture of the smaller vessels. This is particularly remarkable on the head, and other parts where the bones lie near the surface.

To relieve the pain and local stupor attending a slight contusion, it is customary to bathe the part with spirits, or brandy and water. When the injury is somewhat more severe, though still slight and not likely to be followed with inflammation, tepid water, or any mediated lotion, containing the acetate or sugar of lead, or composed of equal parts of alcohol and the spirit of Mindererus (aqua acetatis ammoniæ) may be applied.

But if the case be more severe, and if it occur near an important part, such as in the neighbourhood of any of the joints, it becomes a desirable object to prevent the induction of inflammation, which seldom takes place till an hour after the injury. This is to be attempted by the application of a dozen and a half, or two dozen, of leeches, repeating them according to circumstances. If there should be any considerable fever present, then

bleeding at the arm, along with purgatives and a low regimen, may be necessary.

In the last stage of a bruise, where there is merely a want of tone in the parts, and swelling from the effused blood, we are to employ friction, either simple or with any common liniment; such as equal parts of the tinctures of cantharides, camphor, and opium, or opodeldoc. Wearing a bandage, and pumping cold water on the part, succeeded by warm friction, have been found serviceable.

Abrasion, or Ruffled Skin.

When the surface of a part is ruffled or abraded, our first object should be to remove, by means of tepid water, any sand or extraneous matter from the wound. It is then to be bathed with spirits and water, till the pain has somewhat abated; and to defend the tender surface from the external air, a piece of dry lint is to be laid over it. When this comes off, which should be delayed as long as possible, if there should be any swelling or pain from inflammation, a poultice should be applied; but if there is none, it may be dressed with any simple cerate. Before this, however, all unctuous and oily applications are improper. Lotions or ointments containing any of the preparations of lead are to be avoided, since they may come to be absorbed, and produce mischief.

Sprains.

This is a class of accidents, the treatment of which is either altogether neglected, or, what is worse, remedies are resorted to, more calculated to promote than avert the evil which is threatened. Hence, from a simple and apparently unimportant sprain, many have to date the commencement of affections, which have embittered their days, ruined their constitutions, and even shortened their lives.

The joints most exposed to this accident are the ankle and wrist; the knee and elbow being less exposed, and the hip and shoulder almost exempted. It consists in an injury of the soft parts surrounding the joint, the capsular ligament which incloses it being either stretched or torn. At first, there is a sense of weakness with more or less pain, which gradually becomes more acute as the inflammation develops itself. The joint then becomes swollen and tense, and the surface assumes a red colour, and is warmer than natural. There is also more or less symptomatic fever present. If the case be neglected, and especially if the person be of an unhealthy constitution, it will lay the foundation for one or other of those affections, vulgarly confounded under the appellation of white swelling.

In a recent sprain, our first object is to prevent inflammation. This is best done by cold lotions, such as, one composed of one part of spirit of wine, one of laudanum, and three of cold water. The part also may be supported with a moderately tight bandage, and perfect rest to the limb, in the horizontal position, should be allowed. But if inflammation does come on, then the bandage must be withdrawn, and in place of the cold lotion mentioned above, a tepid one, medicated with sugar of lead, is to be used. It is always proper to apply leeches, and in this case it is almost impossible to use too many. The person may also be bled from the arm, and saline purgatives (Epsom or Glauber salts) administered. If, notwithstanding the active employment of these means, the fever, heat, and swelling continue unabated, then the leeches should, very shortly after their first application, be repeated. When, by such measures, the activity of the inflammation is checked, and the pain becomes less acute and more obtuse, a blister will in general perfect the cure. The stiffness which sometimes remains, is to be removed by frictions, &c., as recommended under the article Contusions.

Fractures.

The general symptoms of fractures are, loss of motion and distortion of the injured limb; the extremities of the bone admitting of being moved on each other, producing crepitation or a grating sound; and lastly, inflammation and tension at the site of the injury. All of these symptoms, however, are not constantly present.

When a person has met with an accident of this description, the greatest care should be taken to remove him in the gentlest manner, attending especially to the injured limb, and not allowing it to hang down.

Dislocations.

Dislocation consists in the dislodgement of the head of a bone from the cavity in which it is naturally placed. The consequences are, a change of the form of the joint, a lengthening or shortening of the limb, and an incapability of motion. In detecting the accident, great assistance may be derived from comparing it with the joint of the opposite side.

Luxations are easily reduced at the time when the accident happens. But the difficulty increases in a direct ratio with the time that has elapsed from the receipt of the injury, so that, at last, it becomes altogether impossible. The reduction is accomplished by extension and counter-extension. The extending force is to be gradually increased, and is to be applied at first in the direction in which the bone may be displaced; but

by degrees it is to be brought to a line parallel with the axis of the socket. At the same time, some one is to endeavour to raise the head of the bone over the edge of the cavity.

Foreign Substances on the Eye.

When a foreign substance lodges on the surface of the eye, the necessary consequence must be pain and acute inflammation, terminating, if neglected, in obscurity and even loss of vision. The substance may either lie disengaged on the surface, or, having penetrated the external tunie, may there remain fixed. In the former case, it is easily removed by means of a camel-hair pencil dipped in oil, or, what is better, a piece of paper rolled into the size of a quill and softened in the mouth. When the substance is fixed in the coats of the eye, then a surgical operation may be necessary to remove it. This accident is frequent among smiths, &c., and is known among them by the name of a fire in the eye, some one of the craft being usually celebrated for removing it, employing for that purpose his nail, his tongue, or the first rude instrument that may come within his reach.

FRENCH RECIPE FOR GOUT WATER.

The following will be found an excellent cordial in the above complaint; and also a fine stomachic for elderly people, whose powers of digestion have begun to decay.

Take of the flowers of camomile, leaves of penny royal, lavender, marjoram, rosemary, sage, and ground pine, of each eight ounces;
cloves and cinnamon, each one ounce,
roots of piony two ounces;
pellitory of Spain and Cyprus orrice, of each one ounce;
the lesser cardamons and cubebs, of each half an ounce;
nutmegs two ounces.

Cut and bruise these ingredients, and digest them four days in eleven gallons of proof spirit and two gallons of water; then draw off ten gallons and dulcify with fine sugar.

SYMPTOMS AND VARIETIES OF STRICTURE, WITH THE BEST REMEDIES.

The varieties necessary to be distinguished are the temporary and the permanent, which, to a certain extent, may also be called the curable and the incurable: the medical

terms for them are the spasmodic and the organic. The general symptoms of these, so far as the obstruction of the canal and the stoppage of the urine are concerned, must be nearly the same; but as the first, in most cases, precedes and lays a foundation for the second, and as it is also more within the power of relief, we shall here introduce a sketch of its history.

The first Hints of Threatening Stricture.

Like cancer, and other formidable diseases, stricture, for the most part, steals on almost unobserved, till it has established itself beyond the reach of any simple means for its relief. Though it is at first imperceptible, because it is seldom in the very early stages accompanied with any pain or inconvenience, yet it is natural to suppose, as the disorder consists in a contraction of the canal, that the stream of the urine must be lessened in proportion, as Mr. John Hunter remarks, to the stoppage. One evident reason for the diminished size of the stream being overlooked by the patient for some months, or in certain cases, even years, is, that in proportion to the narrowing of the channel, the bladder exerts more power to expel the urine; but as the stricture grows on apace, and the channel is nearly blocked up, all the power of the bladder and straining of the muscles, are incapable of overcoming the obstacle. This increase of strength in the bladder, which after death is found, on dissection, to be greatly thickened, often proceeds so gradually and insidiously, that the canal is very much narrowed before the patient is aware of the existence of any contraction whatever.

As the stream continues gradually to diminish, it may be observed, particularly when voiding the last drops, to assume a twisted or spiral form, approaching to that of a cork screw. This arises from the union of two streams, which in the early stages twine together like two threads, but as the complaint advances they separate, at first partially, and then completely, the one crossing the other, and forming two small jets. The twisted, thready, and forked stream, indeed, is one of the most decided marks of stricture, and we request attention to it. When the stream is scattered, irregular, interrupted, or comes in jets and drops towards the end of making water, it becomes a strong indication of an advancing stricture.

Along with these earlier symptoms, there is always present an irritability of the organs, which may manifest itself in various ways, such as a creeping or fluttering sensation, or slight itching along the canal; occasional twitches of smarting or pain; increased frequency in making water, which is usually a very early

symptom ; disagreeable heat in making water ; and, what is also very common, exhausting sexual dreams, and involuntary seminal discharges. These, as we have already taught you, are productive of great weakness, low spirits, melancholy, dislike to society, and despondency ; and these, as they increase, soon give rise to nervous and wearied pain in the limbs, sallow and haggard looks, pimpled face, indigestion, heartburn, loss of appetite, headache, gripes, bad breath, &c. The low spirits always depend on some disorder of the liver or bile, caused indeed by the irritation, but requiring appropriate treatment for their removal.

All these arise from the inflammatory state of the canal, which we have seen to be the immediate cause of stricture. As in the case of common colds also, in which this inflammatory state gives rise to a discharge from the nostrils, so in the early stages of stricture the inflammation of the urinary canal produces a discharge of matter which often surprises the patient, and makes him suspect it to be the venereal, though he cannot accuse himself of exposure to the usual cause. Where the patient has previously had gonorrhœa or venereal discharge, it is usually cured, and has disappeared before he remarks this stricture discharge, and he is of course much surprised at its return. We request particular attention to this, as upon early attention to it you may be enabled to avert the most serious consequences of stricture. It may be observed, likewise, as important, that this gleet discharge is a very frequent consequence of the practice of school vices ; and when such is the case, it will require your immediate and strict attention to allay it as soon as possible.

The French, Italian, and German authors, who investigate subjects of this kind more closely and minutely, perhaps, than we do, lay down another mark of commencing stricture, which we do not find mentioned in the English books. If, say they, immediately or very soon after sexual indulgence, you attempt to make water, and cannot succeed, or at least find it difficult or painful, you have great reason to apprehend the commencement of stricture. The reason of this is ingenious and philosophical. We have told you above, that the prolific fluid is manufactured by the testicles, as bile is manufactured by the liver, and that it is carried into the urinary canal by certain pipes or ducts ; but as it passes into the canal at some distance from the bladder it might flow, unless some provision were made to prevent it, as readily into the bladder as be pushed forward to the orifice. The provision is, that the part of the canal nearest the bladder contracts itself forcibly at the moment the prolific fluid is pass-

ing, and by means of this contraction, it is both prevented from getting into the bladder, and is pushed forward to be discharged. Now, the point is this :—

When the contraction, which naturally takes place to prevent the prolific fluid from getting into the bladder, continues for many minutes after it has served this purpose (which you can easily ascertain by trying to make water), the part is to a certainty verging upon disease, and putting on the form of temporary or spasmodic stricture—always the forerunner of the permanent and dangerous species.

This circumstance furnishes us with another clear explanation of the reason why strictures are so frequently occasioned by school vices and sexual indulgence ; for the immoderate repetition of the contraction which we have described, and which you are to remark occurs precisely in the place where strictures are most commonly found, must tend to weaken the nerves of the part, and render them liable to spasm, while the irritation will tend to inflame it by bringing thither a rush of blood.

In this part of our subject it is necessary to say something on the irritable state of the urinary canal, which is seldom wanting in the earlier stages of commencing stricture, and requires the utmost attention to prevent the consequences to which, if neglected, it will certainly lead.

Irritable State of the Urinary Canal.

Irritation is neither more nor less than a slight inflammatory affection, and a tendency to that state which may terminate in stricture. When the urinary canal is in that irritable state, and before any degree of stricture has actually taken place, the stream of urine will at times appear much diminished, and again will become as large as natural. This will at once distinguish it from actual stricture, in which it is indeed occasionally variable in size, but is never, and cannot be, of the natural volume. In stricture also, the stream decreases gradually, while in the simple irritable state of the canal this is not observed.

These variations of the size of the stream are most remarkable before and after meals, more particularly in parties where the patient tarries long at the wine, or over the punch bowl ; and though he may have made water in a very small stream before dinner, it shall afterwards flow in a full natural stream. Wine, or other liquors, again, when drank in any quantity, act by their stimulus on the canal, and again may diminish or interrupt the stream. Heat in making water, sexual dreams, frequent desire to make water, &c. occur here just as we have described them above.

For the removal of this uncomfortable disorder, we must for the first two weeks or more enjoin strict abstinence, in the first place from sexual indulgence, and in the second from meat, wine, and liquors. The patient must keep the bowels open with any laxative except salts, and live chiefly on arrow root, rice, potatoes, and light bread, or tapioca puddings, while the local means, particularly the leeching is to be attended to. When the irritation has in this manner been considerably reduced, an elastic gum bougie, of a middling size, such as No. 10, containing a fine wire, may be introduced and suffered to remain for a very short time every day, which will tend greatly to strengthen the parts. After the cure has made progress, the gum bougie may be changed for a metallic one of a rather larger size. This treatment, which has been very successful, was first practised by Mr. Abernethy. Rest, quiet of mind, and change of air, with the warm hip-bath, are good. The best medicine is said to be—

SIR ASTLEY COOPER'S *Mixture for Urinary Irritation.*

Take two ounces of almond emulsion,
 an eighth of a grain of oxymuriate of quicksilver,
 one drachm of the nitrous spirit of æther.

Mix, and take twice a day, or every other day, for a week or ten days. Take care to have the medicine accurately prepared by a respectable apothecary.

THE DUCHESS OF ANGOULEME'S STOMACHIC ELIXIR.

The following recipe has the sanction and approval of the physicians of the King of France, at Montpellier, and is esteemed an excellent stomachic, relieving the pains of indigestion, oppression at the chest, and shortness of breath.

Take of Angelica seeds and corianders each one ounce,
 fennel and aniseed of each one pinch,
 pound in a mortar and infuse in two pints of brandy.
 Add the juice of two citrons, with the dried peels and one
 pound of sugar.

Let it stand for a week, occasionally shaking it, then strain for use. One or two table spoonfuls to be taken when occasion requires.

GLANDULAR SWELLINGS CURED BY SEA-WATER.
 BY Dr. KENTISH.

It has been the fate of physic to have remedies, which at one period have risen to high estimation, and at another have been unnoticed. Sea-water is of this number. It has been alternately approved and rejected by the most eminent physicians, and there can be no doubt that its beneficial effects have led to

its adoption, however the operation of time and more modern, though less simple remedies may now have displaced it.

Diseases and obstructions of the glands are common to persons of the most weakly, delicate habits, and such complaints frequently accompany consumption. These constitutions, it is true, are not fitted for evacuation; and this disease is found to be aggravated by low diet; but when such morbid affections of the glands become universal, although they are but secondary causes of the general complaints, yet they necessarily deserve our attention, and sometimes, perhaps, ought to make the primary object of our consideration. Their removal will give strength to the system; and we shall find that it can be done without evacuation. In our inquiry after causes, we are to view effects as causes of other effects; and in all organized bodies we have great reason to attend to this remark, for every secondary cause is capable of producing powerful changes in the phenomena of life, health, and disease. The enlargement of glands may depend upon the laxity of the part, or the weakness of the whole frame; but when such an enlargement has taken place, the reduction is seldom to be effected by the common tonics alone. A particular stimulus to the part affected is necessary, and such sea-water has been found to be. When taken internally for a considerable length of time, it has been found to remove the most dangerous glandular obstructions. If we attend to its operation, we shall see the greatest inducement for its exhibition from theory, as well as experienced facts; and we shall likewise see, that evacuation must necessarily impede, instead of promoting its action, as is the case with mercury, and other stimulant deobstruents taken into the system.

When sea-water is taken into the stomach, and not hurried through the bowels, it will be absorbed by the lacteals, and thence carried into the mass of circulating fluids, where its chemical contents will operate on the coats and contents of the vessels through which it passes. Marine salt, Glauber's salt, and Epsom salt, which are the principal active parts dissolved in the water of the sea, when taken into the mass of circulating fluids, must necessarily produce a powerful stimulant effect, particularly on the excretory organs through which they pass. Accordingly we find, that the kidneys are stimulated to an increased secretion of urine, by these saline substances, which seldom fail of acting, in some degree, as diuretics; and it is a fact well known to graziers, that common salt is a sovereign remedy in that dreadful plague, the rot of sheep; which I have had an opportunity of knowing, from dissection, is commonly attended with a disease of the liver in these animals. In that complaint,

this organ is commonly found to be enlarged, and of a putrid appearance, having the gall ducts filled with animalculæ. I know a gentleman who, upon the certainty of the experiment, bought a great number of rotten sheep at a low price, and by giving them daily a quantity of common salt sprinkled upon their hay, they gradually recovered, and were again sold at a high price. My friend was first induced to place confidence in this remedy, by observing that a sheep of his, when very ill from the rot, or some similar complaint, used daily to lick one part of the wall in the yard where it was confined, and which part he found to abound with a saline efflorescence, very common on damp walls. As the animal by this instinctive knowledge derived benefit from salt, he had no doubt of the event of the experiment which we have described.

I have now a patient who has received great benefit from so small a quantity as a single wine-glass of sea-water drank every evening. The lady was afflicted with troublesome cough, attended with a great deal of phlegm, and bilious vomitings in a morning. She had large glandular swellings under the chin, and in the neck, which, upon the use of this small quantity of sea-water, conjoined with animal food and wine, have gradually lessened; and the cough, with sickness and vomitings, nearly left her, before she continued the remedies a week.—But, notwithstanding the happy success in this case, I am persuaded that a much larger quantity ought to be taken, and continued for a great length of time, in most cases. If the remedy does not purge, too much can scarcely be taken. And happy indeed is it for mankind, that they are possessed of any remedy (however nauseous) which can effect a cure upon complaints, so far beyond the reach of immediate operation, as glandular diseases.

TO PURIFY WATER FOR DOMESTIC AND OTHER PURPOSES.

This method is extremely simple, and consists in placing horizontally, in the midst of a common water butt, a false bottom, perforated with a great number of small holes. The butt being thus divided into two equal parts, the upper is filled with pieces of charcoal, which must be neither too large nor too small, thoroughly burned, light, and well washed. Immediately under the cock, by which the water enters the butt, must be placed a small hollow cylinder, being merely to break the force of the water, and prevent it from falling upon the charcoal with such violence as to detach from it any particles of dirt, and wash them through into the lower receptacle; it is of little consequence of what material it is made. M. Siauve thinks, that

this contrivance might be made subservient to the interests of agriculture as well as domestic economy; and that it would be highly advantageous to provide water thus filtered for the cattle, during the whole of the dog-days, and particularly when the ponds and streams are infected by the rotting of hemp and flax.

Remark.—A very good filtre may be made of charcoal, but it is comparatively expensive; and there is a patent for the only way in which the filtre can be made to last. In the above receipt, if the charcoal is not in very fine powder, it will have little effect in purifying the water; if it be, the charcoal will very soon choke from the quantity of mud deposited in it by the water, and the frequent renewals of the charcoal, which would be necessary from the choking, would be found expensive. The contrivance could only be useful as a temporary means of ascertaining the power of the charcoal on the particular kind of water, with a view afterwards to procure a proper filtre.

GRAVEL CURED BY DRINKING CYDER. BY Dr. DOUCETT,
OF NEW YORK.

The following case cannot fail to be highly interesting to those persons afflicted with this troublesome and painful disorder. The simplicity of the remedy is of the utmost importance, it being within the reach of every individual. Though acids are not generally considered beneficial in this disorder, yet the high authority of Dr. Doucett, who attended the individual, puts the fact of the cure being accomplished beyond doubt, and we think it well worth a trial.

F. E. aged twenty-nine years, of florid complexion and robust constitution, by profession a jeweller, arrived at New York from Brazil, in April, 1824, after a passage of fifty-two days. On the passage he was attacked with dysentery, attended with colic, spasm, and tenesmus; after five days it degenerated into a looseness; evacuations frequent and copious, without pain; he landed, however, in perfect good health.

Between four and five weeks after his arrival in New York, he experienced the same pains that he had suffered on his passage, besides a painful sensation in the back and loins, with spasmodic movements, a numbness in the right inferior extremity, and a retraction of the right ventricle. All the pains seemed to terminate in the right thigh; the paroxysm lasted from six, seven, eight, nine to ten days, then ceased and returned in two, three, four, or five weeks.

Five months after his arrival, he passed much gravel; when I saw him, the 25th of July, 1825, he had passed none for three

months ; he attributed this to the use of tar water, which he drank in large quantities. The pains, however, were then violent, and he evacuated, per anum, a thick glairy matter with mucous ; after which he experienced considerable relief. I promoted these evacuations with aperient medicines, and injections of muriate of soda dissolved in water. He experienced equal relief, also, by this treatment, and discharged from his bowels quantities of calcareous matter, and the gravel returned upon him.

I consulted my friend Dr. Baxter, who had no doubt that this was purely a case of gravel, and we determined on the treatment from the analysis of the matters discharged.

After I had signified to the patient the plan of treatment agreed upon, he procured a paper from Albany, which mentioned a case of gravel cured by the use of new cyder. I had no objection to his making use of it: He drank nearly one gallon in twenty-four hours, since the 10th of August, and has not since been attacked with the complaint, nor been detained from his business.

HINTS TO PARENTS ON THE SELECTION OF PROPER EXERCISES FOR CHILDREN.

The foundation of a robust and healthy constitution is frequently laid in early youth, when both the mind and body are alike open to every impression. The weak and puny child, has but too frequently its habits confirmed by the indulgent and anxious care of a too fond parent, terrified at the least exertion destroying that life, the preservation of which probably forms the only link that binds her to the world. We can readily enter into the feelings that dictate a line of conduct such as this, and the following observations are intended rather to show the fallacy of a mode of treatment founded upon erroneous principles, than to find fault with the motives that dictate it. We are aware that the tenderness of a mother would prevent

———“ even the breath of heaven
“ Visiting her child too roughly”

could she prevent it ;—but it is wrong—children are never so healthy, nor so likely to justify the hopes and anxieties of parents, as when allowed the free use of their limbs, and are permitted to indulge in that buoyancy of spirit natural to their age. Treatment, the reverse of this commonly leads to the result that is most dreaded.

In proportion as the child advances in age will be his desire for employment ; hence the multiplication of his amusements. Every proper opportunity, therefore, should be given for the due

exercise of both body and mind; but neither should be too much fatigued. Care should be taken at this period to provide such employment or amusement as shall exercise the arms as well as the limbs; of this kind is battledore or shuttlecock, playing at ball, pitching of quoits, &c., for the period is now fast advancing for the completion of the human body; and its proper development very much depends upon uniform exercise. Therefore all such employments as but partially bring into action the muscular system should be changed for those which will call in requisition every part of the body.

After selecting proper games and exercises for children, constant care should be taken that none are indulged in to excess; for the most innocent and amusing, if carried too far, may become a source of extensive mischief; therefore, amusements of every kind may be converted into evils. But let us not deny ourselves the advantages of such employments, because they may be abused. Let us only be judicious in choice, and set proper bounds to indulgence, and there is little to fear from the exercises of youth.

Again, in choosing amusements, let them be well adapted to the individual for whose benefit they are intended—thus every boy cannot become a good fencer, a good dancer, a good runner, and a good leaper; yet he may excel in some one of them. His disposition and skill for any particular species of amusement should be studied; and he should only be kept at such, as he has a chance of not falling below mediocrity. If this be not attended to, he becomes listless and supine, and receives an injury from that which was intended for his benefit, by his self-love being mortified by the superior skill and address of his companions.

All hazardous experiments of skill or strength should be peremptorily forbidden—all attempts at posture-making are highly dangerous, and should not be reckoned among the proper exercises of youth. Every violent exertion must necessarily be attended by a proportional strain upon some one part or other of the body; therefore it should be instantly discountenanced; such as jumping from great heights, leaping over elevations, lifting great weights, &c.; for in every exertion of this kind the most serious risks are run, of producing a disability for life. It is by these hazardous experiments that “ruptures” are so frequently produced.

We should, nevertheless, be careful that we do not produce timidity, by a too indiscriminate reprehension of amusements that may be abused: children should be permitted to leap, or climb, or run, to a certain extent; but where, under ordinary circumstances, no danger can arise. At the same time they

should be made acquainted with the mischief which may follow any of these amusements, when carried to excess, or when improperly performed. They should be early made sensible, that lifting weights beyond their strength, throwing the body violently and extensively backward, leaping over high places, jumping down very low ones, &c., may in a moment produce a "rupture," and disqualify them for any active employment for life.

Very often at this period of life strong dispositions are discovered for mechanical employments; when these are of a decided character they should be encouraged; for though the individual may never follow the art his early predilection led him to select, yet the dexterity acquired in his early years may essentially serve him in some future business of life; thus a surgeon has been often benefited, by his knowledge of the mode of handling tools, &c. Therefore a boy may often safely and profitably be indulged in the use of sharp tools, though it may occasion an anxious mother many heartaches, during his initiation into the mode of employing them.

One general, and we might say essential rule, should ever govern youth in their plays and amusements; which is, never to engage in such as shall require much exertion after a full meal, as the worst consequences may follow a neglect of this caution.

It will be perceived that the great object of all physical education is the regular and healthy development of every part of the body, in its proper order and proportion. When this succeeds, the period of puberty advances in regular and unembarrassed order, and the intentions of nature are fulfilled without disturbance or disease. The changes in both sexes, intended to mark this important period, take place in regular succession; and when accomplished, mark a new era in human life. And most happy should that individual be who arrives at this period without accident, and proves the changes to be complete.

Much care is required, at this all-important time, that neither accident nor design shall interrupt the regular march of changes which precede and announce the completion of the human fabric to be at hand. It is a period replete with moral and physical difficulties; and much prudence and good sense are required on the part of parents and guardians, that they may be both successfully surmounted. It does not enter into our scheme to treat this subject either anatomically, by tracing the alterations of structure in the parts mediately or immediately concerned; nor medically, by pointing out the diseases and their cure, to which they may be liable.

CURIOUS EXPERIMENTS ON THE PROCESS OF DIGESTION, MADE
ON THE LIVING SUBJECT. BY DR. BEAUMONT, OF FORT
NIAGARA.

The following experiments were made upon a man who had been wounded in the stomach by a load of duck shot, and is, perhaps, the only instance where the process of digestion has been examined and recorded so satisfactorily.

Experiment 1st.

On the 1st of August, 1825, at twelve o'clock, I introduced, through the perforation between the ribs, into the stomach of *Alexis San Martin*, the following articles of diet, suspended by a silk string, and fastened at proper distances from each other, so as to pass in without giving pain—to wit: a piece of high-seasoned *alamode beef*, a piece of raw salted lean *beef*, a piece of raw salted *fat pork*, a piece of raw lean *fresh beef*, a piece of boiled *corned beef*, a piece of *stale bread*, and a bunch of *raw cabbage*, each piece containing about two drachms. The man continued his usual domestic employments about the house.

1 o'clock, *p. m.*—Withdrew and examined them—found the *cabbage* and *bread* about half digested; the pieces of meat unchanged. Returned them into the stomach.

2 o'clock, *p. m.*—Withdrew them—found the *cabbage*, *bread*, *pork* and *boiled beef* all cleanly digested and gone from the string; the other pieces of meat but very little affected. Returned them into the stomach again.

3 o'clock, *p. m.*—Withdrew them—found the *alamode* partly digested, and the *raw beef* slightly macerated on the surface, but its general texture firm and entire. The fluids of the stomach smell and taste slightly rancid. The man complains of some pain and uneasiness at the breast. Returned them again.

5 o'clock, *p. m.*—The man complains of considerable distress at the stomach, general debility and lassitude, and some pain in the head. Withdrew them—found all the remaining pieces of meat much in the same condition as when last drawn out; the fluids more rancid and sharp. The man complaining considerably, I did not return them any more.

August 2d.—The man complaining of nausea, pain in the head, and costiveness, accompanied with a depressed pulse, dry skin, coated tongue, and numerous small white spots or pustules, resembling coagulated lymph, spread over the inner surface of the stomach, I thought it advisable to give medicine, and accordingly dropt in, through the wound, half a dozen calomel pills, four or five grains each, which in about three hours had a thorough cathartic effect, and removed all the foregoing symptoms and the appearance upon the inner coat of the stomach.

The effect of the medicine was the same as when administered in the usual way, by the œsophagus, except the nausea commonly occasioned by swallowing pills.

Experiment 2d.

11 o'clock, *a. m.* August 7th. After having kept the man fasting seventeen hours, I introduced the glass tube taken from the plate of a thermometer (Kendall's) through the perforation into the stomach, nearly the whole length of the stem, to ascertain the degrees of natural warmth of the system; in five minutes, or less, the mercury rose to 100° , and then remained stationary, (which I determined by marking the height of the mercury upon the glass with ink, as it stood in the stomach, and then withdrawing and placing it upon the graduated plate again.)

I then introduced a gum-elastic syphon, and drew off an ounce of pure gastric liquor, unmixed with any other matter, into a three ounce phial; took a piece of *corned boiled beef*, large as my little finger, and put it into the liquor in the phial; corked it tight and placed it in a saucepan filled with water, raised precisely to 100° , and kept it at that point by placing it in a gentle and nicely regulated sand bath. In forty minutes digestion had distinctly commenced over the surface of the meat; at fifty the fluid became quite opaque and cloudy, the external texture began to separate and become loose; at sixty minutes chyme began to form; at one o'clock, *p. m.* (digestion having progressed with the same regularity as in the last half hour) the cellular texture seemed to be entirely destroyed, leaving the muscular fibres loose and unconnected, floating about in small fine shreds, very tender and soft.

At 3 o'clock, *p. m.* the muscular fibres had diminished one half from one o'clock.

At 5 o'clock, *p. m.* nearly all digested, a few fibres only remaining.

A 7 o'clock, *p. m.* its texture was completely broken down, and very few of the small particles only floating in the fluid.

At 9 o'clock *p. m.* every particle of the meat completely and perfectly digested.

The gastric fluid, which, when taken from the stomach, was clear and almost as transparent as water, was now about the colour of whey, and after standing at rest a few minutes, a fine sediment, the colour of the meat, precipitated to the bottom of the phial.

Experiment 3d.

11 o'clock, *a. m.* August 7th (the same time that I commenced the second experiment,) I suspended a piece of meat exactly

similar to that put into the phial, into the stomach through the wound.

12 o'clock.—Withdrew and found it just about as much affected by digestion as that in the phial; little or no difference in their appearance. Returned it again into the stomach.

1 o'clock, *p.m.* Withdrew the *string*, but found the meat completely digested and gone. The effect of the gastric fluid upon the piece of meat suspended in the stomach was exactly similar to that in the phial, only more rapid after the first hour, and sooner completed. Digestion commenced and was confined to the surface entirely in both situations. Agitation accelerated the solution in the phial, as it removed the coat that was digested upon the surface, and enveloped the remainder of the meat, and gave the gastric fluid access to the undigested portions.

Experiment 4th.

August 8th, 9 o'clock, *a.m.* Drew off $1\frac{1}{2}$ ounces of gastric liquor into a three-ounce phial, and suspended two pieces of boiled chicken, from the breast and back, and placed it in the same situation and temperature as in the second experiment, observing the same regularity and minuteness.

Digestion commenced and progressed much the same as in the foregoing experiments, only rather slower, the fowl appearing to be more difficult of digestion than the flesh, the texture of the chicken being firmer than the beef, the gastric juice seemed not to insinuate itself into the interstices of the muscular fibres as it did into the beef, but operated entirely upon the surface, dissolving it as a piece of gum-arabic wastes in the mouth, until the last particle was digested. The colour of the fluid, after digesting the chicken-meat, was of a greyish-white and more resembling milky fluid than *whey*, as in the experiment of beef in the phial, and the sediment was lighter coloured; but in other respects every way similar. The contents of both phials, kept perfectly tight, remained free from any fœtor, acidity, or offensive smell or taste, from the time it was taken out of the stomach (7th and 8th of August) to the 6th of September, at which time that containing the boiled beef became very offensive and putrid, while that containing the chicken was perfectly bland and sweet. Both were kept in exactly similar situations.

Dr. Beaumont regrets that the man absconded, and thereby put an end to farther experiments. We can only say, that however anxious we may be for the promotion of science, we should certainly have acted precisely in the same manner, and exclaimed with master Launcelot,

“Good Gobbo, take to thy heels and run.”

HUMBUG OF MR. IRVING'S GOLD WATCH !

Though our endeavours have been chiefly employed in unearthing and running down the quacks and humbugs of physie, yet we do not hold ourselves merely the champions of truth against the pretended sons of Esculapius. Humbug and Cant is despicable at all times and from all persons, even though we considered it as having no ulterior operation upon the minds of the unthinking or the credulous. How much more detrimental its practice becomes when emanating from a man in a station of life, where he is looked up to as a being almost super-human, we will leave our readers to determine. It is our duty—the duty of every one to expose imposition—to strip imposture of its mask, and hold it up to public ridicule. It is this feeling that induces us to mention a “scene” which took place a few days ago at the Freemason’s Hall, where the Rev. E. Irving endeavoured to raise himself in public estimation, and recall some of his lost notoriety, by as pretty a piece of humbug as was ever witnessed. The Rev. Gentleman, having in no very measured or delicate terms inveighed against the measure then proposed (the religious education of Protestant and Catholic children in the same school), said, “But to show you that I so far agree with my brethren, as to think it a duty to support these societies, I will this day give what I can. It is not the gifts of gold that I reprobate, but I grieve that the basest spirit that ever fell from heaven—even the love of money—should have found its way into our societies.” (We were not aware that base or vile motives emanated from thence) “I can say for myself, ‘silver and gold have I none;’ but what I have I give unto thee. I have no money but from my church, and by that I must live; ‘for they that partake of the altar, should live by the altar;’ and I make it a principle not to lay by a farthing of my receipts from that source*.” I give you now, having no money, the dying gift of a dear brother, who breathed his last in India and died,

* So then, Mr. Irving, while the tradesman and the mechanic are baited into sparing from their receipts—or their weekly pittance—a portion of their hardly earned, and hardly sufficient means of existence, to build churches or increase the funds of a Sunday school—you stand forward, and avow openly that from the proceeds of *your calling* you will give nothing. No not a farthing ! It is a *principle* you lay down ; but should any extra sum be raised—then possibly the whole or part may be *conscientiously* devoted to religious charities. This might open the eyes of a few. Mr. Irving, from the receipts of *his calling*, lives as comfortably as he can—does not lay by a farthing—and from the sum that is appropriated for his support, (we believe 500*l.* a-year) he will give nothing ; but shuts his ears and his purse to the calls of charity, till he is enabled by some fortunate circumstance to bestow it !!!

I hope, in the faith of Christ; and I pledge myself to redeem that to me precious gift out of the first produce of the sale of my last book." (Here Mr. Irving handed the Secretary a gold watch, and after the tom-foolery of handing it backwards and forwards, left it in the hands of (*his uncle*) Lord Gambier, and retired with a tragic stride, having first grasped his said *uncle's* hand, and shook it most vehemently—which probably might have arisen from *uncle* Gambier having promised not to receive interest upon the pledge. There is something more in this than is dreamt of in our philosophy. What! could Mr. Irving find no pawnbroker in this city sufficiently honourable to hold his dear brother's gift?—would none do for him, but one who is *Right Honourable*? Was this done in Christian meekness—was it in the pure spirit of Christian charity? If Mr. Irving had no money to give, he had no business there. If he wished to pawn his watch to give the proceeds in charity till he could redeem it—the Christian modesty, which he talked of, should have dictated to him the propriety of making those arrangements in private. If Mr. Irving intended to benefit the Society by his eloquence, and went there for that purpose, he knew that his subscription was also necessary; and the mode he took for the purpose of raising his drooping name, and gratifying an ostentatious vanity, was not only very ridiculous, but we consider highly detrimental to the cause.

This piece of foolery Mr. Irving said he was guilty of for *example's* sake!—can it be possible, that this pride-puffed sectarian was so steeped, so drowned in vanity, as to imagine that *his example* would be followed by the assembled multitude? Did he imagine that the auditory, like the people of old, would rush forward and *pawn* or sell their possessions? If this were the case, it was not well done of Mr. Irving; for had fanaticism and his example carried them so far—they might have lived, to regret their folly, without having the consolation of retaining, as he does, a comfortable 500*l.* a-year, which he makes a *principle* of spending in good cheer. If this was his feeling, we are happy that the good taste of the persons present prevented such a display.

DANGEROUS EFFECTS OF BRANDY POURED INTO THE SHOES TO PREVENT COLD.

Many accidents occur from vulgar errors—that of pouring brandy, or some other spirit, into the boots or shoes to prevent taking cold, when the person has no opportunity of changing his stockings, is not the least destructive; numerous accidents have occurred in consequence. The late Alderman Hankey fell a victim to a piece of advice of this kind. Having been out canvassing in a very wet day, he had no time to change previous to

dining with his Committee, one of whom hearing him complain of cold, recommended him to pour brandy in his shoes, which brought on inflammation, and he died in a few days after the occurrence. The custom of pouring brandy or any spirit into the boots or shoes, when the feet have got wet, with a view to prevent the effects of cold, is a practice which (though very common) is founded in prejudice and misconception, and often proves fatal, by bringing on inflammation and consequent obstruction in the bowels. This practice is adopted upon the supposition that, because spirits, when swallowed, excite an universal warmth and restore the circulation in the extremities, they must do the same when applied to the extremities themselves. But the reverse happens. Fluids, when evaporating, produce cold; and the lighter or more spirituous the fluid, the more quickly it evaporates, and the greater is the degree of cold generated. This may be proved by a very simple experiment. If one hand be wetted with spirit and the other with water, and both are held up to dry in the air, the hand wetted with spirit will feel infinitely colder than the other; or if the bulbs of two thermometers be so treated, the mercury will be observed to fall much more rapidly and extensively in the one case than in the other. Whatever danger, therefore, arises from cold or damp feet, it is generally enhanced by the practice alluded to. If such a remedy is to be at all employed, it ought, undoubtedly, to be taken into the stomach.

The brandy, though so dangerous when poured into the shoes, is an excellent prevention when used properly, that is taking off the stockings, and rubbing a small portion upon the feet, and putting on a pair of dry stockings and shoes:—it then has the very reverse effect, proving a stimulant, and prevention of cold.

TO DESTROY BLACK-BEETLES.

Very many houses are overrun with these vermin, which are exceedingly troublesome and difficult to remove or destroy. *Viratrum Vireæ*, commonly called black hellebore, which grows wild in our country marshy ground, will be found to completely destroy them. Strew the roots about the floor at night, and next morning you will find as many of them as have eaten of the root, dead or dying from its effects.

TO RELIEVE A TROUBLESOME NIGHT COUGH & PROCURE REST.

Mix together a dessert spoonful of syrup of poppies and fifteen drops of antimonial wine. To be taken as a draught, with or without a little warm water, either at bed-time, or in the middle of the night. Half this quantity may be given to a child under the same circumstances.

GOURMANDERIE FOR JULY.

“ Beside the dewy border let me sit,
 All in the freshness of the humid air ;
 There in that hollowed rock grotesque and wild,
 An ample chair, moss-lined, and overhead
 By flowering umbrage shaded ; where the bee
 Strays diligent, and with the extracted balm
 Of fragrant woodbine loads his little thigh.”

THOMSON.

Ah ! delightful indeed is the enjoyment of an evening such as the poet describes, and happy are those who, contented and happy in their allotted station, can wander forth and partake of all the pleasures of a Summer's day, contemplating the riches of Nature, as they, in luxuriant plenty, are scattered round—joying to think that in his happy native clime he is freed from the apprehensions of drought, or flood or famine ; saved from scorching heats or overwhelming floods—he is secure in reaping the fruits of his industry, and sleeps contented. Complete happiness, however, is not for man, and though delightful in many respects, the month of July is certainly rife with disorders of various kinds, which frequently prove fatal to many, such as scrofula, gout, rheumatism, hypochondriasis, and last, though not least in the list, is

Cholera Morbus, or the Bile-Flux,

which has been erroneously attributed to too great an indulgence in fruits which make their appearance during this month. Notwithstanding, however, the general belief in fruit being the cause of the disorder, we are certain that though it may hasten or add to the symptoms, it most assuredly is not the first cause. The liver it is that is affected by the excessive heat of the weather, in a way that we are wholly unable to account for, but a change is produced in the quantity and quality of the bile, which the stomach makes an effort to throw off, generally, both by vomiting and purging. We shall endeavour to give an outline of its progress and the manner of treating it.

Whenever you feel a nausea or soreness, and acute griping pains of the stomach, succeeded by vomiting, and purging of bilious matter, you may be certain of a commencing fit of bile-flux. Now, from the very irritable condition of the stomach, you will hardly find it possible to retain any kind of medicine, as everything you swallow will be almost immediately rejected. This irritable state must be allayed as soon as possible, for which purpose diluent drinks must be taken plentifully, such as barley water, linseed tea, toast and water, with thin ani-

mal broths; and to assist in clearing the bowels, the following enema will be found advantageous:—

Emollient Clyster.

Take of linseed tea from eight to twelve ounces,
cold drawn castor oil, from two to three ounces.

These means may be rendered still more efficacious by the application of flannel cloths wrung out in a warm decoction of poppy heads slightly bruised, applied to the stomach, renewing them as often as they become cold. Whenever the stomach appears to be sufficiently cleansed by the drinks, &c. above, it will be necessary to endeavour to allay the irritation, and the best thing we know for the purpose is opium, which may be given in the following dose:—

Take of opium, one, or one and a half grains,
submuriate of mercury five grains.

Make into a pill, which may be taken every two hours.

Should this be rejected, about forty drops of the tincture of opium may be added to a saline draught, and swallowed in a state of effervescence. As opium, however, is frequently rejected when taken by the mouth in this disorder, it will be necessary to have recourse to an enema, which will often in a short space of time completely remove all the most urgent symptoms. When it is found, therefore, that the opium will not stay on the stomach, clysters may be administered, containing about two drachms of tincture of opium, and given from time to time as long as the irritation continues. The best effects will also be found from the following embrocation rubbed on the stomach:—

Dr. THOMAS'S Embrocation for Cholera Morbus.

Take camphorated spirit, half an ounce,
tincture of opium, one ounce,

Mix, and rub a little of the embrocation frequently over the region of the stomach.

To prevent the above disease, we must caution our readers against exposing themselves to the violent changes of the weather, especially such as may be predisposed to the disorder, for its frequent recurrence cannot but undermine the constitution, and we know not at the commencement of an attack of this kind how it may end.

The heats of the season now impose the necessity of occasionally substituting a light vegetable diet for the more solid gratification of animal food, and nature has provided ample and various means of effecting this change without imposing any grievous

penance on the organs of taste. Cauliflowers, artichokes, green-peas, French-beans, Windsor and other garden beans, frequently form a conspicuous part of the family dinner; to which butcher's meat, in moderate quantities, may be said to serve merely as an auxiliary stimulant. Ham, bacon, and tongues, as well as ducks and geese, are the most seasonable viands for this purpose, as their high flavour counteracts agreeably the insipidity of vegetables, and provokes the appetite to a greater consumption of them. On festive occasions, venison and turtle retain their pre-eminent station at the tables of the opulent, where also the fawn, received now and then as a present, forms an elegant dish, when roasted whole and served up with rich gravy. Veal, having now been fed on milk, in its richest state, is peculiarly fine and well flavoured; but care should be taken that it be delivered fresh to the cook, as it is more liable to suffer from the heat of the weather and from flies than any other kind of meat. Ragouts of sweetbreads, ox-palates, lambs' bits, fat livers, and cocks'-combs, are among the light dishes introduced at superior tables; where also various preparations of curry afford a delectable repast to those who have acquired a taste for this Indian diet.

Quails, during this and the following months, are brought in considerable numbers from France in low wicker cages, and on account of their rarity in this country, fetch a high price. The ortolan, a delicate little bird of the quail tribe, is imported from Germany, either alive, or in a potted state, and being a greater rarity is still dearer than the quail.

To those epicures whose taste is not exclusively formed for the more solid enjoyments of the table, a plenteous and varied dessert presents itself at this season; consisting of pines, melons, peaches, cherries, grapes, currants, gooseberries, and raspberries, as well as early apples and pears. Fruit is certainly most salubrious in hot weather; but, if the opinion be well founded that it does most good when taken before dinner, the dessert ought to take place of that spurious meal called the lunch, which, being usually made of animal food, too often banishes the appetite irrecoverably for the day.

ON THE MEDICINAL PROPERTIES OF WINE.

Although various opinions have been promulgated respecting the effect which is produced on the human frame, by the use of wines, yet we think it cannot be denied that they certainly possess great virtue. It has been emphatically, and we think with justice, called the "milk of old age," for its moderate use

is conducive to health, particularly in persons advanced in life. Physicians and philosophers have recommended its use as a salutary remedy for numerous diseases, and among the ancients we have the authority of Hippocrates himself, who considered his vinous mixtures as a principal medicine in his medical regimen, and claims the merit of being the first who applied them to medical uses. It is not our business to inquire how far wine is *essentially* necessary to the health of man in a state of nature, it is enough for us to know that it is considered as necessary in his state of civilization, and has become part of his daily diet; and in that light alone we view it.

Were we to drink pure water alone, it is said, it would find its way out of the body without carrying off the putrescent particles of the blood with it, but when we use mucilaginous fluids, as wines, beer, &c. they remain some time in the blood, mix with those putrescent substances, and gradually carry them off. Now, though we do not entirely coincide with this theory, yet we think that these artificial liquids when moderately used are of real use; and we are persuaded that wine to many constitutions proves a most generous cordial. Armstrong has very elegantly said, that

“ Nothing like simple element dilutes
The food, or gives the chyle so soon to flow.
But when the stomach, indolent and cold,
Toys with its duty—*animate with wine*
The insipid stream.”

which at once shews us in what state of body wine is really beneficial in a medical point of view.

New Wine.

A good deal of controversy has arisen as to the comparative qualities of new and old wine. New wines are by many objected to, being liable to a strong degree of ascendency when taken into the stomach, and thereby occasioning much flatulency and eructations of acid matter. This, however, cannot be a general effect, and the reverse indeed was proved to be the case with Cornaro, who found that new wine agreed best with his stomach. He was obliged, from a peculiarity of his constitution, to give up drinking wine from the beginning of July to the latter end of August; but a moderate quantity of *new* wine had power sufficient to restore him, in two or three days, to his former health and strength. The medium we should imagine was the best, for there is a possibility of keeping wine too long. This is an error natural to connoisseurs, among whom *tawny* port was once considered a high treat, but experience has taught us that

wine, like every other thing, attains a certain height of perfection, beyond which its state is decline; and it is a sure sign of the body becoming poor when the colour fades.

Wines best for Old People.

Galen has given some good rules regarding wine for persons advanced in life, and recommends that which is strong and diuretical; it should be strong to diffuse a proper heat over their cold limbs, and diuretic to carry off any superfluous humours, which by remaining in the body may become injurious to their health. They should therefore choose their wine of a light thin body, because such is commonly diuretic; of a pale or yellow colour, because such is the strongest; and should abstain from thick, black, or astringent wines, because they are apt to cause obstructions in the bowels. Nor indeed is sweet wine good for old men unless they are very lean, and upon that account require rich wine to nourish them; but then they should be of the generous, pale, or yellow kind. The best probably, and the nearest to this description, is Sherry, not too old—for, as stated above, it then becomes depraved and loses its genuine spirit. On the other hand, claret has been recommended as the most wholesome of any strong liquor whatsoever, especially should it at any time unfortunately be drunk too plentifully; the great quantity of tartar contained in it certainly prevents its relaxing the stomach, or rarifying the blood so much as other spirituous liquors. But the white wines agree better with some bilious constitutions and those subject to be costive.

The low and small wines are to be cautiously avoided, as they are so frequently impregnated with poisonous qualities, extracted from lead. It is owing to these weak but cheap wines, thus adulterated, that the lower class of people in the wine countries have that ghastly and half-starved appearance, which distinguish them from their richer neighbours, and those of their own rank in this and other northern countries.

On diluting Wine with Water.

Though it has been recommended by physicians to dilute wine with as much water as will render it agreeable to the palate, we should advise that whatever portion of wine is drank it should be taken pure and unadulterated. It is true Hippocrates advised the mixing water with wine, but those who followed blindly his recommendation in this particular, probably forgot, or never knew, that the wines of the ancients were of a much thicker quality than ours. The Maronian wine for instance, was so much distinguished for its superior strength and sub-

stance, that, according to Homer, it required twenty parts of water to dilute it properly.

Such were the wines, to quench whose fervent steam,
Scarcely twenty measures from the living stream
To cool *one cup* sufficed.

This must indeed have been a potent potation, and would well justify the father of physic recommending the adulteration. A celebrated physician says that the best strong liquor for weak or studious people is wine; the best quantity a pint in twenty-four hours; and the best way of drinking it is three glasses with, and three without water. This however, like every other rule, must depend upon the habits of the patient, as one glass more or less cannot have any pernicious effects if the liquor is really beneficial at all. The wines of our own day, however, require no such operation, at least not in the hands of the consumer. This naturally leads us to speak of

The Adulteration of Wines.

To prevent which, or to detect it if it has been practised, is of the utmost consequence. Thousands of lives have been sacrificed to gratify the treacherous dealers in this important article. A single bottle of adulterated wine can produce the most dangerous and lasting effects, which may poison with disease the course of a whole life. We therefore submit the following

Test of good Wine.

Professor Hahneman has invented an excellent test prepared thus:—One drachm of the dry liver of sulphur, and two of the cream of tartar, are shaken in two ounces of distilled water till it be quite saturated with the hepatic air. The liquor is filtered through blotting paper, and kept in a close stopped phial, sixteen or twenty drops of which may be put into a small glass of the suspected wine, and if it turn black or even muddy, if its colour approach to that of a dark red; if it has first a sweet and then an astringent taste, it is certainly impregnated with some preparation of lead.

But if the dark colour be of a blue tinge, like pale ink, we suspect the wine to contain iron. Again, a sediment of blackish grey colour denotes copper or verdegriese. But if the wine shews only turbid, with a white sediment, it is certainly devoid of any metallic impregnation. Over sulphurated white wines produce very dangerous effects, and is easily detected by putting in a piece of silver, which immediately turns black.

On cooling Wines.

Among the luxurious ancients it was customary to cool their

wines by means of snow; at first by putting snow into their wines, but Nero invented a mode of immersing the vessel which contained the wine, mixed with boiling water, into snow, by which means it quickly received a peculiar, pure, equal, and intense degree of coldness. The wine coolers, however, invented and used in our own country, are so complete that they give quite as great a degree of coldness as is necessary or compatible with health. Iced liquids are not only grateful, but salutary in hot climates, and are often necessary to preserve health. Liquors in this state, however, should never be taken when the body has been previously heated by exercise—they are also improper in advanced age and in the colder seasons of the year.

EASY AND EFFECTUAL METHODS FOR THE TREATMENT OF ACCIDENTS, &c.—No. III.

[Resumed from page 420.]

Foreign Substances in the Ear.

The passage of the external ear does not exceed half an inch in extent, being bounded by the membrane of the tympanum. Its structure is such, that were it not for the cerumen or wax with which it is lined, we should be continually tormented with the presence of foreign bodies.

In general, it is inert substances, such as peas, bits of slate-pencil among school boys, &c., that are met with in this situation. They are to be extracted by means of a small pair of forceps, having previously injected some of the oil of almonds. Occasionally, ants and caterpillars have found their way in, and even insects have been known to deposit their ova there. We sometimes succeed in removing them, by introducing into the ear a piece of lint dipped in honey. Camphorated oil may also be tried. But if neither succeed, then we must employ the forceps.

Foreign Substances Sticking in the Throat.

When the substance is a small spicula or splinter of bone, or a pin, it is most readily removed by vomiting, excited by tickling the back part of the throat or fauces. Another expedient is, to introduce a large goose or swan quill down the throat, and then twirl it round. By this means the substance will be disengaged and fall down into the stomach: sometimes it is merely engaged on the folds of the gullet, and is carried down by a plentiful draught of water. Even after the substance is removed, a roughness remains, which makes the patient think that it is still there.

When it is a large substance, the case is somewhat different. It may not only obstruct the passage, but also, by pressing on the windpipe, produce the most urgent symptoms of suffocation. In such a case, our first endeavour ought to be to attempt to extract the substance by the mouth, if it is within reach; but if not, we are to employ the probang, an instrument composed of a piece of whalebone, so thin as to be pliable, and yet to have some firmness, with a piece of sponge attached to the end of it. This is to be carefully introduced over the aperture of the windpipe to the back part of the mouth, and then pressed downwards. In some cases it is even necessary to cut down on the neck to the gullet, and in that manner extract the substance, and this may be done with little danger, even by those who are not very skilful anatomists or operators.

There is a severe accident common among children, from swallowing boiling water. Sometimes also from the carelessness of their attendants, they are allowed to put peas and other similar substances into their mouths, which get into their windpipe. These are only mentioned here that they may be avoided, since the treatment demands immediate aid. It is surprising what small substances have occasioned death from suffocation. People have been known to perish from a blade of grass getting on the aperture of the windpipe; and the stone of a grape proved fatal to Anacreon. Laryngotomy (with a penknife, if no other instrument is at hand) is the best plan in cases of danger.

Syncope, or Fainting.

This originates from an irregular or defective performance of the sensorial functions. In it perception is suspended or diminished, the pulse stops or can scarcely be felt, the action of the heart and lungs is feeble and imperfect, and the utterance is gone. It may arise from exhaustion, such as, after fatigue, long fasting, &c., from acute pain, or from some sudden and intense passion or emotion of the mind. It is frequently caused by the flatulence common to persons labouring under indigestion. The fit generally ceases after a few minutes, when the person becomes sensible of what is going on around him.

When a person is seized with a paroxysm of this nature, he ought to be conveyed into the free air, and cold water should be sprinkled on his face, and poured down his throat. Pungent odours should also be held under his nose, such as aromatic vinegar or hartshorn. He should be laid in a recumbent position, and the feet and hands rubbed with spirits, or any strong stimulant. As soon as he can swallow, recovery will be expe-

dited by taking a glass of wine, or spirits and water, or fifteen drops of æther and the aromatic spirit of hartshorn.

Drunkenness.

When a person is conveyed home in a state of deep intoxication, he should be placed in a large room, to which the air is freely admitted, and none should be allowed to remain within who are not absolutely necessary. He should be laid in a recumbent position, with his head to one side, to favour vomiting, which should be excited by tickling the back part of the throat with a feather, or, if that fail, by an active emetic. This should be succeeded by an injection of common salt. If the nausea and vomiting continue, after the contents of the stomach are evacuated, effervescing draughts of soda or Seidlitz water are to be employed.

To remove the stupor, cold water may be dashed on the face, and applied freely to the head by means of cloths. When the insensibility and lethargy are great, and do not go off but rather increase, then the propriety of bleeding, either from the temporal artery or jugular vein, comes to be considered.

Convulsive Paroxysms.

The convulsive fits of children may be induced by a disordered state of the bowels, or by teething, or may make their appearance towards the fatal termination of chincough, or of water in the head. The convulsive motions may be general or partial, and are extremely rapid, the hands and legs being agitated in every direction. The body is bent back, the features distorted, the eyelids either open, or opening and shutting rapidly, and the eyes either fixed or rolling in their sockets. The duration of the fit is from a few minutes to several hours.

When a child is affected in this manner very active means should be employed, since there is a danger of the fit proving fatal. The best remedy is the warm bath, into which the child is to be placed, and retained till the fit goes off. It must not, however, be unnecessarily repeated. The cold bath, exposure to a current of cold air, and sprinkling cold water on the face, have all been severally found useful in shortening the fit. In every case, purgatives, and an injection, where it can be conveniently given, are proper. In the generality of cases, leeches to the temples, and a blister to the back of the head and neck, are demanded. When the fits appear to be connected with flatulence, carminatives may be given.

Hysteric Paroxysms.

The hysteric fit seldom comes on without some premonitory signs; such as, palpitations, flatulency, sickness, depression of

spirits, &c. A sense of fulness or pain is felt in the left side, which gradually mounts up to the throat, occasioning the feeling of a ball being there, threatening suffocation. The patient then falls down, and the convulsive action commences. The body is twisted, the hands are clenched, and beat incessantly against the breast, the person rolls on the ground, and screams and laughs involuntarily. When the fit ceases, the patient continues for some time in a stupid and half-insensible state. During the fit, cold water, vinegar, or Hungary water, may be sprinkled on the face, pungent applications made to the nostrils, and warm friction applied to the extremities. If the patient can swallow, half a tea spoonful of opium and æther, or a tea spoonful of the aromatic volatile spirit, in any aromatic distilled water, may be administered.

Apoplexy.

When a person falls down in a fit of apoplexy, no stimulants should be applied to the nostrils, and no strong liquor should be forced into the stomach. He should be immediately raised to an erect posture, and his head supported so as to prevent any bend in the neck. His neckcloth should be loosed as well as his other clothes, and he should be allowed to breathe free cool air. If the patient is seized after eating or drinking, and inclines to vomit, that should be promoted if there be not great turgidity and flushing of the face, when blood-letting will be previously requisite. I would caution, however, against being too hasty with the lancet, unless an evident accumulation of blood in the head is present, for otherwise it might do harm.

Epilepsy.

During the fit care should be taken that the patient do not injure himself by biting his tongue, &c., by the violence of his struggles. His clothes should be generally loosened, and his head elevated, with a piece of wood put between the teeth. No cup or glass ought to be given him to drink from till the convulsive delirium has subsided, as he will be apt to bite a piece from such vessels, and injure his mouth. When it has been caused by drinking strong liquors, an emetic will always remove the fit. Bleeding is also, in many cases, of advantage; but this must depend on the circumstances.

ON FASHIONABLE DISEASES. By J. ADAIR, M.D.

Fashion, like its companion luxury, may be considered as one of those excrescences which are attached to national improvement; and which so far resemble the moss of fruit trees, and

the misletoe of the oak, as not to be always useless, though often very injurious.

When one part of a polished nation is assiduously engaged in cultivating the arts and sciences, another part is not less busily employed in the invention and regulation of our fashions.

As societies advance in civilization, the active mind of man, not contented with the means of gratifying our natural wants, is anxiously employed in creating those that are artificial, and inventing the means of indulging them.

The empire of fashion is now become universal ; it pervades all ranks and degrees, from the peer to the footman, and from her ladyship to the abigail ; and luxury has kept pace with it.

When rational beings neglect to cultivate the understanding and amend the heart, they necessarily fail to store them with the proper rules of steady and consistent conduct in life. Hence their passions take a frivolous turn, and their purposes are vain and futile. This levity of mind creates a fondness for novelty, they fly from object to object, and from scene to scene ; and, as their pursuits are unsubstantial, their enjoyments must be unsatisfactory.

From this reflection on the source of what is termed fashion, and of dissipation, its companion, I leave the readers to draw, if they please, some useful inferences, and shall finish this sentence with a brief quotation from one of our poets, who marked the passing scenes of life, with a keen philosophical eye ; and who, by the wit and humour of his ridicule, strongly reprobates that rage of fashion, which with many is predominant through the various periods of life, and intimates, that with some it is unhappily cherished even at the close of it. Alluding to a lady of rank, who painted, when that unnatural folly was in fashion ; and whom he supposes to be on her death-bed, he makes her address her abigail :

“ And, Betty, give this cheek a little red ;

“ One would not, sure, be frightful when one’s dead.”

POPE.

I may, I believe, anticipate the observation of a fashionable lady on what I have now said. “ What does this impertinent gray-beard mean ? he has attempted to rob us of our dear, gossiping slop, tea ; and when we might reasonably expect to meet with his rules for eating, drinking and sleeping comfortably, he pops upon us with his saucy remarks upon fashions ; but he dare not say there is either shame or sin, in leading or following the fashion.”

With great difference, and some degree of diffidence, I ven-

ture to dissent from her ladyship ; and humbly conceive, that under certain circumstances, it may be both. But without waiting to prove my proposition, by examples, many of which may be offered, I proceed to convince the lady, that fashion may at least be a misfortune of no small magnitude.

“When,” says her ladyship, “I go to church, or take up a sermon, I am prepared to expect grave instruction, and to be put in mind of my latter end : but is not the old doctor unseasonable in his sermons ?” Not so much so as her ladyship supposes. If she has ever peeped into Mr. Locke on the *Association of Ideas*, she may conceive, that as one train of them, which arises from the contemplation of her elegant new robe, will lead her to think of the next masquerade ; so another train of ideas may, with equal propriety, warrant my combining the ideas of health, life, and death, with an essay on regimen ; and of suggesting some hints, which ought never to be unseasonable to rational, responsible, and mortal beings.

But to return. Medicine, Madam, as well as some other arts, has long been subject to the empire of fashion ; it has influenced the great and the opulent in the choice of their Physicians, Surgeons, Apothecaries, Midwives, and even their Nurses and their political parties ; but it may not be so obvious how they may be influenced in the choice of their diseases. This I shall endeavour to explain. Patients, real or imaginary, are generally prompted by curiosity or anxiety to inquire of their medical guide, “*What is my disorder, Doctor ?*” But an explicit answer to the question is not always either convenient or practicable ; because the Doctor may be sometimes ignorant of it himself. Instead, therefore, of entering on a learned disquisition upon the subject, or candidly confessing his ignorance, which would not be consistent with good policy, he gratifies his patient with a general term, which may, or may not, be expressive of the nature of the ailment.

Should the evil consist only in her ladyship’s fancy, it would be an unpardonable violation of propriety and good manners, and contrary to the doctor’s interest and reputation, to throw out the most distant hint of its cause or nature.

If both patient and doctor are people of fashion, this circumstance is alone sufficient to render the term fashionable ; for as people of fashion claim an exclusive privilege of having always something to complain of ; so the mutual communication of their ailments is often the topic of conversation. The imagination frequently suggests a similarity of disorder, though none such really exists, and thus both disease and term soon become completely fashionable : hence drams became fashionable.

In the latter end of the last, and beginning of this century, spleen, vapours, or hyp, was the fashionable disease.

The Princess, afterwards Queen Anne, often chagrined and insulted by her brother-in-law, in her former station ; and perplexed and harassed by factions in her latter, was frequently subject to depression of spirits ; to alleviate this distressing evil, the courtly Physicians, after giving it a name, proceeded to prescribe pearl cordial, and Raleigh's confection.

The royal disease and the remedies, like the wry neck of another Monarch, were, by courtly imitation, adopted by all those who had the least pretension to rank with persons of fashion.

In process of time, however, these fashionable and palatable shop-cordials became, by repetition, too weak, and many of the patients tired of the inefficacy, and probably of the expence, found a more ready, and more powerful substitute in closet cordials, and plain Nantz.

Forty years ago, a treatise on nervous diseases was published by Dr. Whytt, Professor of Physic at Edinburgh. Before the publication of this book, people of fashion had not the least notion that they had nerves ; but a fashionable apothecary having cast his eye over the book, and having been often puzzled by the inquiries of his patients concerning the causes and nature of their complaints, derived from thence a lucky hint, and told the next fashionable patient who consulted him, "*Madam, you are nervous!*" the solution was satisfactory, nervous diseases became quite the ton ; and spleen, vapours and hyp, were kicked out of doors.

Some years after this, Dr. Coe wrote a treatise on biliary concretions, which turned the tide of fashion : nerves and nervous complaints were almost forgotten, and bilious became fashionable. Now, however, fashionable doctors amuse their patients with the Greek term *dyspepsia*, and indigestion has almost superseded bile.

It will be proper here to apprise my readers, that imaginary diseases are often converted into real ones, and this is the natural consequence of the intimate connexion between mind and body ; insomuch that, as tranquillity of mind contributes very much to preserve health of body ; so when it is disordered, the other is necessarily affected ; and experience teaches us, that there is a strong mutual sympathy between them ; and that some of the most inveterate, and even fatal, bodily diseases originate in the mind.

Rage, for instance, and fear, have often killed like a flash of lightning ; and a broken heart has brought many more to the grave than is generally suspected.

I shall conclude this chapter with a case which will illustrate my meaning more readily, than a diffuse dissertation.

I have already hinted that there are not a few persons, "who think fit to be sick by way of amusement, and melancholy to keep up their spirits." To such I would recommend a careful perusal of the late ingenious Mr. Colman's farce of the Spleen; or New Joc Miller, or the Tickler, by Mr. Bannantine.

A tradesman's wife from London consulted me at Bath. Believing that rude health was very unfashionable, and about three years before, suspecting that something ailed her, she sent for her apothecary to give a name to her disease. After undergoing a course of doctors, regular and irregular, and of apothecaries' drugs, and quack nostrums, during that time, she was at length told she was bilious, and that she ought to go to Bath.

The only benefit this unhappy woman seemed to have derived from her long medical discipline, was a broken constitution, from the unnecessary and preposterous use of drugs, a ruinous expence, and a medical jargon, composed of the discordant opinions of her quondam doctors: instead of describing her feelings, that I might form some judgment of her case, she peremptorily told me she was bilious.

I told her she was not sick of bile, but of her doctors and their physic; and advised her to leave off all medicine but the Bath water; a long course of which might be of use.

But instead of continuing it for at least three months, she quitted Bath in three weeks, tired of the experiment, and disgusted with her doctor, who pretended to cure her by water.

Thus it is, that wretched hypochondriacs ruin their constitutions and embitter their lives, by their perpetual anxiety to preserve both; and from an unhappy propensity to try new doctors and new drugs (for they cannot be termed remedies.)

GENERAL DIRECTIONS FOR WARM AND COLD SEA-BATHING. BY DR. REID.

Unfortunately for many, a general idea has taken possession of the public mind, that if bathing does no good it cannot do any harm. This is certainly not a fact; cold bathing produces a powerful impression upon the surface of the body, and from thence on the internal parts; and although in many diseases an effectual remedy, yet when used without proper precaution, or preparation, frequently occasions dangerous, and sometimes fatal consequences. A celebrated physician has wisely observed, that, "in all things which our art contains, there is nothing that does good but what may also do harm." In consequence of want

of attention to this, I have often observed young persons, high in health, after using the cold bath for a few times, become pale, languid, lose their strength and appetite, or seized with fevers that have continued long, and in some instances terminate fatally.

The action of cold water upon the human body, when frequently applied, may be compared to labour, or any other debilitating cause; and in the first instance, somewhat similar to the rigor that is the leading symptom of fever, producing a spasm upon the extreme vessels. If there happens to be a sufficient degree of strength in the system to counteract the shock of the cold water, and produce re-action, a general warm glow will ensue. This re-action rouses the principles of life, overcomes the spasm on the extreme vessels, and increases the energy of the constitution of that principle, which in all matter, animate and inanimate, is continually labouring for its own preservation. In this manner, I am disposed to conclude, the benefit is produced by cold bathing; and not, as has commonly been supposed, from increasing the tone or spring of the muscular fibre, by the mechanical impulse of the water. Were the good effects produced in this way, they would uniformly follow the application, independent of the state of the vital action, but our experience proves the contrary; for we often see persons persist in bathing, until their strength is so much exhausted that they can scarcely walk up from the sea-side.

When the warm glow immediately, or in a very short space of time, succeeds the immersion; when the spirits are light, and the mind cheerful, the bathing will have a salutary effect. But after coming out of the water, if they continue cold, chilly, shivering, pale, more or less languid, the body evidently shrunk, and this after several trials, they should desist, nor again attempt bathing until the constitution, by proper remedies, is in a state to bear the action of the water, and produce the succeeding warmth so essentially necessary. If the effect of cold water applied to the surface of the body is similar in some degree to the first attack of fever, producing a similar re-action of the heart and internal parts, it will be evident how necessary it is to use this powerful agent with caution, and not without being previously ascertained, whether it is adapted to the constitution, strength, or particular disease then existing.

Medicine requisite previous to Bathing.

To remove as much as we are able, every impediment to salutary vital action, persons of every age, and in almost every complaint, should, before they bathe in cold water, take one

or two doses of such purging medicine as may be proper in their particular state of health; and if their stomach is disordered, or their tongue not clean, a gentle emetic should even precede the cathartic; it will have the best effect if taken in the morning fasting. These evacuations are indispensibly necessary, not only in guarding against fever and other disagreeable consequences, but by emptying the first passages of that fœulent matter which is always lodged in their convolutions; the constitution being relieved from a load more or less oppressing, the *vis vitæ* is enabled to produce the re-action regularly, and thereby ensure the benefit expected from bathing. In order that this salutary purpose may be secured by every means in our power; during the course of preparation, in most cases I think it highly necessary, that before using the cold water, they should go into

The Tepid Sea-Water Bath.

two or three times, at a heat from ninety-two to ninety-five degrees, remaining in it each time from five to twenty minutes, according to circumstances then existing. This will not only purify the surface of the body, but may, at the same time, by means of the absorbent system of vessels, remove any deposition of fluid in any cavity or interstice of the body, or remove obstructions in the excretory or secretory organs, in a manner that will be fully explained, when treating of the effects of warm bathing in the prosecution of this work. It is in very few instances indeed, that this practice can safely be dispensed with.

When their residence is at a moderate distance from the sea, and the person is not very weak, they should walk rather than use a carriage when going to bathe; because the heat of the body, before immersion, being rather augmented, and the circulation somewhat quickened, will aid the constitution in producing the succeeding warm glow.

The degree of re-action and consequently warm sensation, would seem to depend in a great measure upon the relative degree of coldness in the water, compared with the temperature of the body at the time of bathing. I have observed delicate, nervous women, to be less sensible of the warm sensation, after bathing in water some degrees colder than usual. When, therefore, the re-action does not properly succeed the immersion, it may be advisable for such persons to try the water two or three degrees higher, which it commonly acquires by noon in warm weather. Or, they may use the covered bath, which is commonly two degrees warmer than the open sea.

On entering the Water.

In the action of bathing, it is right that the head should at all times be first in the water, to prevent an accumulation of fluid upon the surface of the brain, and after one plunge to come out as quick as possible; and it is not necessary to be very solicitous in drying the body afterwards, as being wetted with salt water does not occasion indisposition in the manner fresh water usually does, probably from their different action upon the extreme vessels; even the dew that frequently falls very heavy in the evening at the sea-side, is not attended with any bad consequence to those who have been exposed to it. I have not observed any inconvenience to proceed from using varnished silk caps, as is the general custom, but it is better in every respect when they can be dispensed with. After bathing, moderate exercise should be taken, carefully avoiding whatever may fatigue the body or exhaust the spirits, as that would defeat the intention.

Bathing Dresses.

The bathing dresses usually worn appear to be made of materials too thick and close; if the stuff was thinner and more porous the action of the water would be more sudden and stronger on the surface of the body. The form would also be improved were they made open before, like a wrapping gown, and either without sleeves, or with such as are wide and very short.

Best time of the day for Bathing.

The custom of bathing early in the morning is certainly very proper, and should not be deviated from without good and sufficient reason; but I observe that the delicate and weakly, especially females who have been in the habit of lying late in bed, are soon fatigued upon rising so much before their usual time: and this perhaps is augmented by waiting some time for their machine; as every one, whatever their rank may be, bathe in the order their names are put down, and for this purpose disputes are not admitted. Such persons will do well in taking a slight breakfast early, and two hours after, they may go into the sea with ease and safety; and as this may be accomplished by ten o'clock, the water, even in the warmest part of our Summer, will not have acquired a perceptible increase of heat. Previous to their bathing, should much exercise be taken, it may so far induce debility, as to prevent, or greatly diminish the succeeding warm sensation, and thereby lessen the good effects of the water.

Frequency of Bathing.

Having before observed, that the action of cold water upon

the surface of the body, when too frequently repeated, produced effects similar to labour, or any other debilitating cause, it will be obvious how necessary caution must be in its application, when the intention is to restore strength to the constitution; and to regulate its frequency, according to the age, strength, and particular circumstances of the patient. The most common practice is to bathe two mornings successively, and omit one; and to take three dips at each bathing. In most cases I apprehend this practice will be found improper. The sudden shock of the cold water rouses the energy of the system; a repetition will not augment, and may probably diminish the effect of the first impression. In proportion as any action on the human body is repeated, in proportion it becomes familiar, and its effects gradually lessen; it being a principle inherent in human nature, and indeed in all animal nature, to become familiar with, and accommodate themselves to the existing circumstances. "Usus frequens omnium magistrorum precepta superat." In like manner, bathing two days in three, if it does not immediately disagree, will, by its frequency, diminish the influence of the water upon the system, thereby depriving them of that full success they might enjoy if used with moderation. As far as my experience has extended, bathing alternate mornings, and taking one plunge, is as often as is commonly advisable.

Bathing improper while in a Feverish Heat.

When I said it was right to go into the sea with a slight degree of quickened circulation, and increased warmth of the body, I must not be understood to mean, that those who are heated by previous fatigue, late hours, or intemperance, should bathe in cold water; in such cases it would be hazardous, and by no means to be attempted.

The air upon the sea is purer, and more free from noxious effluvia and exhalations, than upon land. This position is proved beyond a possibility of doubt, by seafaring people, who, with proper precautions, suffer less from diseases than any other class of men; and by a late celebrated and much lamented circumnavigator having lost fewer men respecting his numbers, in a given time, than would have died, during the same period, in the healthiest spot in Europe. The air on the sea coast partakes in an eminent degree of this salubrious quality, provided the soil is dry, free from marshes and stagnant water. The following observations will have a reference to the place where they were made, than which, there is not a healthier spot in England; the soil being supported almost entirely by chalk, consequently rather meliorating than injuring the atmosphere.

It must at the same time be noted, that the easterly winds, which in the Spring of the year are as regular as the trade winds between the Tropics, blow there with unabated sharpness; passing over a large expanse of water, they do not meet any thing capable of softening their native keenness. As these winds are experienced to be exceedingly prejudicial to persons labouring under pulmonary complaints, they should not visit that coast before the beginning, or even the middle of July. I have, for many seasons, observed the north-east wind to continue more or less the whole month of June.

Those afflicted with debilitated nervous constitutions, and from various causes the sensations have acquired such an increased irritability, that cold bathing may either not be suffered, or may be improper, much benefit will be received by moderate walking and riding in the sea air; always carefully guarding against fatigue.

A late author, in treating upon this subject, has observed, "that sea-bathing derives its efficacy more from the coldness than the saltness of the water; and fresh water is colder than salt water," consequently it ought to have the preference. To demonstrate which is most conducive in restoring health, would be a matter of much difficulty, because it is impossible to determine how far the influence of the sea-air extends; and if the experiment was made at the sea-side, where shall we find two cases exactly similar, or the same person in precisely the similar circumstances at different periods? Independent of the evident good effects of sea-air upon those that do not bathe, I shall not hesitate in giving a decided opinion in favour of salt-water, not only from the salts and other matter contained in it, but that there is probably a very different impression made upon the nerves and extreme vessels on the surface of the body, than what can be occasioned by fresh water when in a state of rest. It may also be presumed that the specific gravity of salt water, exceeding that of fresh water, may considerably augment its action. This opinion would seem to acquire some support from our experience, that sea-water does not occasion rheums and colds when partially applied.

Warm Sea-Bathing.

In many parts of Asia, particularly in those under the Turkish government, warm baths or bagnios are constantly resorted to, not only as an object of luxury, but as an effectual means of restoring strength and spirits when worn down by labour or fatigue of any kind. That they are not much used in this country, may have proceeded from the very general opinion, that

warm water applied for any length of time to the surface of the human body, universally weakens and diminishes the force and action of the muscular fibre, in a manner similar, though in much less degree, as it softens and ultimately dissolves dead animal substances; and, that this debilitating power acts in proportion to the duration of its application. This reasoning is founded on a false analogy, there being no similarity between the two actions. Dead animal substance is softened and ultimately dissolved by readily absorbing and transmitting the fluid in which it is immersed; but the living animal substance is not acted upon in this manner, by a moderate application of warm water; and I am warranted by an experience, rather extensive, to state, that a tepid bath, heated from ninety to ninety-six degrees on Fahrenheit's scale, does not relax the body, diminish the strength, or exhaust the spirits after remaining in it from five to thirty minutes, even in persons previously reduced and greatly weakened by disease; and that, on coming out of the bath, they feel themselves refreshed, and their spirits lighter and more cheerful.

Proper Heat of a Warm Bath.

A bath heated to ninety-three degrees, gives at first a sensation not of actual warmth to the body, when in the usual temperature, because it is five degrees colder than the usual heat of the blood. When taken at a lower degree of heat, it sometimes occasions difficulty of breathing, and faintness. I have imagined that remaining in the bath ten or fifteen minutes may be a sufficient time to act upon the absorbent system; and that remaining half an hour or longer, it may in some habits act as a sedative, and occasion languor and faintness. We know that by remaining too long in cold water, or bathing in it too often, occasions an effect very different from a sudden plunge: it is also probable that being immersed a certain time in warm water may invigorate the absorbent system; but when prolonged beyond that period, may induce debility, either by continuing the first action and impression, or by producing the sedative effect in too great a degree. As different constitutions are variously acted upon, the time of remaining in the bath can only be ascertained by attending to its effects; but it is always advisable to begin with a short period, not exceeding five minutes. The only criterion I can lay down as a general direction is, when coming out of the bath, if the strength and spirits are unimpaired, it is a proof that the immersion has not been too long.

Some persons on first using the warm bath, feel a troublesome itching, tingling, or glowing heat on their skin, but these

sensations rarely continue after the second bathing. In others, the breathing is much affected upon first going into the water, which commonly soon goes off; but I have known it remain with spasmodic catching of the breath, that the person was obliged to come out after being in only a few minutes. In some, the breathing will be perfectly free and undisturbed, while they remain at rest in the water, but on moving the body, or even the limbs, the breathing has been immediately disturbed. These symptoms arise from an increased degree of irritability and sensibility in the nerves, and are not to be considered as of any importance; they soon disappear, and rarely return after the second time of bathing.

Frictions, in most cases, may be used while in the water, with a flesh brush of such strength as can be suffered with perfect ease, always rubbing upwards in the direction of the absorbents; for, as these vessels in the extremities lie superficially, by this method their contents are more effectually propelled than could be done in the old manner of moving up and down alternately; by friction also their muscular fibres are stimulated, and a more powerful action excited: whoever attends to this circumstance, trifling as it may appear, will not find his time thrown away.

Delicate weakly people, in whom the natural strength is deficient, and the digestive organs do not perform their functions properly, and adequate to the nourishment of the body, will receive benefit, and be enabled better to bear the warm bath by taking, during the immersion, a bason of clear beef-tea, veal, chicken, or mutton broth, made palatable. The ancients bathed in cock broth, with the intention of becoming fat and fleshy. In cases of great debility, where it may be advisable to use the warm bath, they will be able to support it a longer time without inconvenience, by taking a cupful of wine and water, equal parts, with an egg beat up in it, and made milk warm.

Time of taking the Warm Bath.

Although the warm bath is very commonly used in the morning, or any time of the day, without inconvenience or taking cold, yet I would advise the delicate and sickly, and in this class women in general are included, to use it in the evening, and go home in a chair, because they are apt to suffer from variable weather if they go out after bathing. They should also be careful not to use much exercise, or agitation of the mind, previous to going into the bath, as in that case they are apt to be languid after it; the hurry of dressing, or visiting, more than bodily exercise, is what is meant to be guarded against by this caution.

The frequency of using the bath must be regulated by the

nature of the disease; the age, strength, and other circumstances attending the patient. When the symptoms are urgent, they may go in every day, but in general I find every other day sufficient.

RULES FOR TRAVELLING IN THE BRITISH ISLES.

There is no country where persons can travel with so much accommodation and convenience, or, taking prudent precautions, with so much safety, as in England. The expence is, doubtless, great; but even that does not prevent a taste for travelling. The total sum laid out for post horses in Great Britain is above a million per annum, of which nearly one-third goes to the public.

In England one is tempted, by the excellence of the horses, to drive on, and, by the goodness of the inns, to stop frequently. Nothing, however, can be more absurd, and, in some cases, more injurious to health, than the rapidity with which journeys are commonly made; as if the fate of the empire depended on a certain traveller arriving, in a certain number of hours, at a given place; and when he arrives there, he has perhaps nothing to do, and probably wishes himself again upon the road.

The following rules, if duly observed, will promote the safety and comfort of the traveller in these kingdoms:—

1. Where persons travel for pleasure, or when they are not compelled by business to travel fast, sixty miles in Winter, and seventy in Summer, is distance enough to go.

2. In good weather, it is right to go one stage before breakfast, which gives the traveller an excellent appetite for that meal; but when the weather is cold or moist, it is better to take breakfast before you set out. Three, four or five stages, according to their length, may be taken after breakfast. Stop at a good inn about six o'clock to dinner, and remain there all night. In travelling, indeed, for pleasure merely, you ought to keep nearly the same hours for your meals that you do at home. That system greatly promotes the advantage of a journey.

3. Tea taken two or three hours before bed-time, is a refreshing meal, and does not prevent sleep.—Supper should, if possible, be avoided.

4. The wine at inns is in general bad. Some people take with them Madeira or Sherry, which are not injured by travelling, having no sediment.

5. It is better to submit, with a good grace, to the inconveniences of travelling, than to put yourself out of humour, which is injurious to health, and destroys the pleasures of a journey.

6. It is proper to carry some amusing or instructive books to read, when you stop in the evening ; and perhaps some medicines, which are not always to be had good at country towns. Costiveness should be particularly guarded against, which travelling, particularly if the meals are irregular, and the journey rapid, is very apt to produce. Eating brown bread and drinking malt liquors, may prevent this complaint.

7. In general, the sheets and beds at English inns are perfectly safe ; but it is always better to pay attention to both these most important particulars, and to ascertain before your bedroom is fixed upon, that it has not been recently painted.

8. It is a good plan to have what may be called, "*sleeping trousers*," of linen or cotton, which are an excellent substitute for sheets, if there is the least apprehension of damp.

9. What is called a *neck pillow*, has lately been invented at Edinburgh, which is found of great use in rapid travelling.

10. It is highly proper, and often essential for safety, to lock the door of your apartment, to prevent intrusion when you are asleep.

11. When travelling in remote parts of the country, it is prudent to ascertain where the best inns are, for, by reaching early the place where you propose to stop, you are likely to secure as good accommodation as the road can furnish.

12. In some districts, wheaten bread is not always to be met with. Some biscuit, therefore, of the sort you prefer, or loaves of bread, should be taken with you ; also some tea and sugar.

13. As sitting much in a carriage is fatiguing and unwholesome, it is a rule with some, when the weather is fine, to walk a part of every stage, before going into the carriage.

14. It is a great advantage to have all the luggage on springs, it is not only carried safer, but with much greater facility to the horses.

15. It is a good rule either for the master or servant, to walk round the carriage, when it stops, to see if all the wheels, &c. are right.

16. When travelling in cold weather, the best mode of securing warmth is, by having a candle or a lamp burning in the carriage, even in the day time, but still more so at night. This useful practice was accidentally used by a gentleman, who finds it much better than any other mode of obtaining heat, whether by fur-shoes, Shetland stockings pulled over the shoes and legs, or bottles, or white-iron or copper-boxes filled with hot water. A common stable lanthorn, with a creuse of oil of good quality, so fixed in it, that the oil shall not be spilled by the jolting of the carriage, will answer extremely well ; and may be had for

half-a-crown; or a small lamp may be so constructed, as to be hung up in the carriage, for the double purpose of obtaining heat, and of enabling one to read in the night time.

Rules for Travelling on the Continent.

The means of preserving the health of persons travelling on the Continent, for the purposes of useful inquiry, have been so fully explained by two intelligent foreign authors (Count Berchtold, and Dr. Duplanil), that it is only necessary to lay before the reader a general view of the doctrines they have laid down, referring to their works, where more minute information is wished for.

In Count Berchtold's work, there are a number of valuable hints, regarding the means of providing for the safety of the traveller's person and property. The following are the most important for the preservation of his health, particularly in hot countries:—

1. *Diet.*—Experience having taught people of all countries, the mode of living the best calculated for their climate, a traveller, whilst he attends to what agrees or disagrees with his own constitution, should conform as much as circumstances will admit of, to the customs of the inhabitants, in regard to diet, dress, exercise and rest. The *siesta*, or afternoon's nap, agrees with many travellers in warm countries, but if they are unaccustomed to the practice, a quarter or half an hour is sufficient, and the sleep should be taken with much precaution, in an arm-chair, and every thing removed that can prevent the circulation of the blood. It is better, however, to avoid it, if the residence is only temporary; when it is permanent, the practice becomes necessary.

2. *Water.*—In many foreign countries the water is bad. Where this happens, it should be boiled, and drank when cold. If that cannot be done, it should be filtrated through a piece of fine linen, and either some toast, a little vinegar, or some juice of lemon put into it. Very indifferent water, boiled with a little tea, becomes safe; or it may be rendered sweet, by charcoal powder. Travellers should carry with them some charcoal powder, in a small bottle, well corked. Mix a table spoonful of this powder in a pint of water, stir it well, and suffer it to stand for a few minutes. If it is then run slowly through filtering paper into a glass, it will become quite transparent, and fit for drinking. This plan was suggested by Mr. Lowez, of Petersburg.

3. *Exercise*—Violent exercise after dinner is prejudicial, and more so in warm countries than in cold ones. Those, therefore,

who travel on horseback, or in any vehicle, whose motion is rather violent, will act prudently if they eat and drink sparingly. After a long journey on foot, it is unwholesome to take a plentiful meal, or to sit near a great fire.

4. *Carriages*.—Travellers in carriages are very liable to have their legs swelled. In order to prevent their being thus incommoded, they ought to wear shoes rather than boots, to untie their garters, to alight occasionally, and to walk as often as opportunity permits it, which will favour the circulation. The glasses of the carriages also should not be kept up, as the air would soon be affected, so as to be injurious to respiration. A frequent change of posture is of use.

5. *Bathing*.—Cleanliness requires people to bathe oftener when they are travelling, than when they are at home; yet they must be careful never to bathe when their blood is agitated, or the stomach full, or the day very hot. The cool morning and evening hours are the proper times for taking this salubrious recreation. Where bathing cannot be practised, it is advisable frequently to wash the body with cold water.

6. *Sleeping*.—Damp beds are very often found in Inns but little visited, and in rooms where fires are seldom made. Too great precautions cannot be taken against the mischiefs thence arising. It is better to lie down upon clean dry straw, than upon a damp mattress or feather bed. Travellers should, if possible, carry with them a light coverlet of silk, one or two pair of sheets, and one or two dressed hart skins, about six feet six inches in length, and three feet six inches in breadth. One of these skins should be put upon the mattress or feather bed, to prevent any disagreeable contact, or nauseous exhalations. Sleeping with the windows open, in hot climates, is extremely unwholesome. Those who travel on foot should never sleep under the shadow of a tree, or near a field of hemp.

7. *Fruit*.—Fresh fruits, and even the ripest grapes, relax the stomach in hot climates, and an immoderate meal on them would infallibly produce the most dangerous consequences, *if bread were omitted to be taken with them*. Thirst, however, is more effectually quenched by eating fresh fruit, and a morsel of bread, than by drinking water.

8. *Marshy Countries*.—In marshy districts, the air is remarkably unhealthy. In such situations, it is necessary to look out for dry houses to reside in, and to sleep in the upper stories. Proper exercise should be taken, avoiding both the heat of the sun, and evening damps. A just quantity of vinous liquors, and victuals yielding good nourishment, is necessary in such cases.

9. *Hot Climates.*—Travellers in hot climates should abstain from meat as much as possible, particularly at night, otherwise they are liable to putrid fevers, which are seldom easily removed. Sweet or boiled wines, as they check the powers of digestion, and tend excessively to inflame the blood, ought to be used in the most sparing manner. Those who have perspired copiously from the heat of the sun, should shelter themselves as much as possible during the falling of the dew; and if they cannot avoid the evening damps, should by no means sit down, for continual exercise is the only means of preventing the fatal consequences which so often result from cold and dew.

10. *Clothing.*—Travellers who walk much, or take violent exercise, should wear a flannel shirt next their skin. If their clothes have been thoroughly wet, they should endeavour to get dry beds, and clean shirts, and should rub their skins with dry flannel before they go to bed. If they cannot get dry clothes, they should keep their bodies in constant motion till their clothes have become dry upon them.

11. *Infection.*—A traveller should never visit an hospital before he has breakfasted; for a body void of food is apt to contract contagious disorders. Before visiting the sick, it may be advisable to eat a little bread dipt in vinegar, or to take a glass of wine, with a little sugar, and the juice of half a lemon. The mouth and nostrils should likewise be washed with camphorated vinegar, and during the time of being in an hospital, the spittle should never be swallowed.

12. *Miscellaneous Articles.*—Travellers should not neglect to carry with them a bottle of vinegar *de quatre voleurs*, some French brandy, arquebusade, or Peruvian balsam, laudanum, James's powders, and a small bottle of Hoffmann's drops.

Attention to these directions, given by so experienced a traveller as Count Berchtold, will be found of considerable advantage to the traveller.

In regard to Dr. Duplanil's rules, the following are the most important:—1. A traveller ought to provide himself with clothing calculated for the climate in which he proposes to reside. 2. He will require some medicines, though probably not so numerous as those of which the Doctor has given a list, amounting to thirty-six in number. 3. He ought to avoid any liquors, as tea or coffee very hot, as this will make him feel more the cold afterwards: a glass of water of the temperature of the air, is the best thing he can take. 4. A rapid journey, by night or day, ought to be avoided, as highly prejudicial to the health. 5. On a journey, a person should continue as much as possible the habits to which he has been accustomed. 6. Nothing is

more useful in a journey than to keep up a gaiety of spirit. 7. At an Inn, the greatest precautions are necessary, in regard to food, sleeping, &c.

THE ADVANTAGE OF LAVEMENS OR CLYSTERS, IN COSTIVE HABITS.

The value of clysters is but very imperfectly known here, for it is only in cases of emergency, that they are resorted to by the practitioner, consequently their preventive effects are but little known. This we imagine may proceed from the disagreeable attending their administration, rather than a want of faith in their good effects.

In no country of Europe, says Dr. Reece, is the class of remedies termed lavemens or clysters so seldom used as in England. In France, the lavement apparatus and bidet are deemed as necessary appendages to the toilet as the tooth-brush, bottle of odoriferous essence, or water jug; it being common in that country for males and females to take a clyster every forenoon. It has been said, and perhaps with truth, that the females of France are more healthy than those of Great Britain; which is attributed by a late writer to their keeping "the intestinal canal in a regular state, by the occasional and almost daily exhibition of a domestic clyster." The difference of the climate, and the small quantity of vinous and spirituous liquors the French are in the habit of taking, and the frivolity of their minds, may account in a great measure for their being more free from disease than the English. That many formidable maladies may be fairly imputed to constipation, we think no practitioner of experience will deny. For our own part, we are satisfied that if the lower portion of the alimentary canal does its duty, the upper portions, as stomach and duodenum, will do theirs. Experience has convinced us of the fact, that if an invalid from indigestion will take care of the colon and rectum, so as not to allow them to be overloaded, and keep up the secretion of the colon, the stomach, duodenum, and liver will take care of themselves. On taking the office of the colon, in the animal economy, into consideration, the class of remedies termed clysters is a most important one.

"The term clyster, or lavement, signifies all medicaments introduced in a liquid form into the large intestine (rectum). It is generally administered in a tepid state. When it is intended to operate immediately on the internal surface of the intestine, so as to allay inflammatory action or irritation, it is given cold.

Manner of administering a Clyster.

“In administering a clyster, attention should be paid to the quantity; for if too abundant, by occasioning over-fulness of the rectum, it is apt to excite an unnecessary degree of distention, and consequently to produce too much irritation in the internal membrane of the intestine which receives it. In affections where the intestines are in a state of irritation, a stimulating clyster might produce much mischief. It must not be forgotten that a *simple* clyster ought to precede a stimulating one. By such practice the large intestines are disencumbered, and room left for the medicaments to operate on the upper portion of the intestinal canal. Clysters act on the interior of the rectum and colon, and their influence is afterwards extended to the small intestines.

“The advantage principally gained by this class of remedies, is the evacuation of the fœcal matter contained in the large intestines. Simple water is sufficient to produce this effect; and it is generally this liquid which is used when we would only empty the colon and rectum. The object of the medicinal clyster is a subsequent operation which requires great attention.

“*Emollient* clysters are composed of gelatinous and oily articles, as the decoction of the roots and leaves of the marsh-mallow, linseed, barley, starch, calves’ feet and flesh, harts-horn shavings, &c. In the exercise of our daily functions, these clysters do not create sudden changes worth noticing, but they ensure in all the organs a perfect abatement, which tends to lessen their activity, and which, in diseases caused by an excess of vital force, by a too great agitation of the blood, brings on a very remarkable calm. Very useful assistance is to be met with in all chronic affections, in a dry, irritable constitution; they agree with people who are subject to spasmodic affections within the abdomen; it is to them we must have recourse to combat active constipation, that is to say, that which retains an excess of heat or inflammatory excitement in the large intestines.

“We chiefly adopt the form of clyster termed *emollient*. It is eminently efficacious in promoting the operation of a purgative medicine, to prevent griping pain, and to render irritating matter which remains to be evacuated, inoffensive. Its laxative power moderates the intensity of diseased secretions, and concurs in leading to a favourable issue. Sydenham and the most eminent practitioners prescribed the use of it in similar circumstances.

“In the case of a continued constipation, it is an error to believe that a clyster produces the desired evacuation; for this

remedy not attacking the seat of the malady, becomes useless and even dangerous, if too often renewed: thus it is better to abandon it in this case, and return again to purgation.

No. 1.—Simple Clyster.

Take a pint of cheese-whey or butter-milk ;

Or,

About two tea-spoonsful of soft soap, dissolved in a pint of soft water.

These are administered lukewarm, to soften and remove hard fæces lodged in the rectum and colon.

No. 2.—Laxative Clyster.

Take of cheese-whey, butter-milk, or decoction of marshmallow leaves (fresh), twelve ounces ;

Epsom salts, from six drachms to two ounces ; or,
castor oil, one ounce.—Mix.

This composition is chiefly employed to obviate costiveness, or to hasten the operation of an opening medicine taken into the stomach.

No. 3.—Purgative Clyster.

Take of infusion of senna, from six to twelve ounces ;

Epsom salts, from six drachms to two ounces.—Mix.

Or,

Take of socotrine aloes in powder, two drachms ;
soft soap, three drachms.

After mixing them together in a marble mortar, boil them gently in a pint of water for fifteen minutes, and then add Epsom salts, from six to twelve drachms.

Or,

Castor oil, two ounces,
spirit of turpentine, two tea-spoonsful ;
gruel, half a pint.

These are prescribed in cases of obstinate constipation, when the rectum and colon are free from irritation or inflammatory excitement.

No. 4.—Emollient Clyster.

Take of linseed tea, from eight to twelve ounces ;

Cold-drawn linseed oil, from two to three ounces ;

Or,

Take of decoction of marshmallow-root, from eight to twelve ounces ;

Olive oil or cold-drawn linseed ditto, from two to four ounces ;

Or,

Take of gruel or thin starch, twelve ounces ;

Olive oil or fresh butter, from two to three ounces

Or,

Take of thin hartshorn jelly, twelve ounces ;
Fresh butter, one ounce.

These are employed in cases of costiveness attendant on piles, inflammatory action, irritation, ulceration, or stricture in the rectum. The two latter are also exhibited two or three times a-day, to nourish the body, when food cannot be introduced into the stomach. The first is a favourite remedy with Mr. Cline in irritative affections of the rectum and kidneys.

No. 5.—*Tonic Clyster.*

Take of Peruvian bark in fine powder, from three to six drachms ;
gruel, half a pint.

Or,

Take of decoction of Iceland moss, from eight to twelve ounces ;
Peruvian bark in powder, four drachms.—Mix.

Or,

Take of decoction of Peruvian bark from eight to twelve ounces ;
starch powder, three drachms.—Mix.

Or,

Take of decoction of bark, from six to eight ounces ;
extract of bark, three drachms.—Mix.

These have been found very beneficial in cases of debility, when the stomach was too irritable to retain a tonic medicine, and when the patient had not the power of swallowing, as in the putrid sore throat. They have also been administered, with success, in cases of intermittent fevers, attended with great debility and irritation of the stomach and bowels. It is worthy of notice, that in cases of intermittents and other diseases, in which the Peruvian bark taken into the stomach excited nausea and purging, the clyster of the decoction of bark with the extract (the last formula), has generally quieted the stomach, and occasioned constipation. The composition of the decoction of Iceland moss and Peruvian bark (the second of the above formula), has been found very beneficial in cases of fluor albus and mucous discharge from the bladder, and in preventing miscarriage in those who are subject to it, between the second and third month of gestation. When the bowels are confined, or when the clyster occasions constipation, a little Epsom salt should be divided. A tonic clyster is generally repeated three times a-day.

TO CURE STAMMERING, OR HESITATION OF SPEECH.

As nothing can be more detrimental to a man of business, or indeed to any one mixing in society, than stammering or hesitation of speech, we consider the following paper will prove eminently serviceable to those of our readers who may themselves labour under this disadvantage, or where it may be making its appearance among their children. The early application of the following rules will, of course, render the benefit to be derived easier and more certain in its effect.

Stammering takes place only in the utterance of such words as begin with certain letters, which are generally some of the guttural consonants, as *b, p, m, c, g, &c.* Some persons, on the contrary, stammer on the utterance of all words indiscriminately, with whatever letter they begin, whether vowel or consonant, at certain times only; as *e, g,* when the speaker is placed in any situation which occasions hurry, or embarrassment. Accordingly we find that persons of great nervous irritability, and lively consciousness, are most liable to stammering. This sort of impediment is a bad habit, founded upon this constitutional susceptibility, and in attempting to remove stammering, (while every attention should be paid to such means as physical and medical science will point out for the strengthening of the corporeal system) it is of the utmost importance to induce the person affected with it, to reason on the subject. Let them practise the formation of simple vocal sounds, and the powers of the consonant, singly, and in combination, alternately, till a facility and habit of subjecting the muscles concerned in speech to the will of the speaker be acquired or regained. They should be accustomed to consider, that the organs of speech are moved by muscles which from the laws of animal economy are the instruments of the will, though we are conscious of an act of the will only at the commencement of such actions.

The greatest deliberation and recollection should be used in ordinary conversation, and *the act* of speaking as such, should be constantly kept in mind till the wrong habit be overcome, and the right so confirmed, as to leave no room to apprehend a relapse. The voice should be pitched at that tone which is easiest to the organs, and most agreeable to the ear; and by no means should a hurried pronunciation or fictitious voice be resorted to.

The following directions, which vary according to circumstances, will be attended with advantage if duly and perseveringly complied with:—

In order to raise the voice, let the vowels be practised in a natural key, but with firmness and strength, for a quarter of an hour every morning; then let the power of the consonants be formed in their order, singly, and variously combined with the vowels.

Let an imaginary conversation take place for half an hour or more, in a firm and natural tone of voice, directing it to persons indiscriminately; sometimes to servants, sometimes to equals in age, rank, &c.; sometimes to elders and superiors in rank and consequence. But if imagination do not furnish a topic, then spend the time in reading in a tone approaching to the ease of familiar conversation—this will furnish the lesson, and after an interval, the same sort of conversation, or reading should be repeated, two or three times more in the course of the day. And on mixing with real auditors, every exertion should be made to associate the idea of their imaginary with their real presence.

These directions, it will be perceived, are founded upon the principle of *the association of ideas*; than which, a more powerful principle in the formation of human habits cannot be conceived.

CAPTAIN JEKYLL'S VAPOUR BATH.

The Russians treat almost all diseases by vapour bathing, which they perform by throwing water on hot stones in a close apartment. On issuing from the bath, though in a state of high perspiration, they go out and roll themselves in the snow. This may do in Russia, with barbarians of iron constitutions, but we must follow more gentle plans in this civilized country. We are indebted, however, to the Russians for the idea, which has been improved upon; first, at Vienna, by Dr. de Carro; then at Paris, by M. Gales; in Dublin, by Mr. Wallace; and in London, by Mr. Green.

Captain Jekyll's apparatus consists of an air-tight kettle, with a safety valve, and a pipe that carries the steam under the chair of the patient into a box, containing any mediate stuff, which may be deemed necessary. The stop-cocks of this steam box are regulated by the patient with a rod, and as he is covered with a large cloak or blanket, the steam comes in contact with every part of the body.

It is a pity, we think, that the vapour bath has fallen into the hands of the quacks, as it is a powerful and very dangerous instrument when improperly applied. No surgeon ought to have any interest in administering it, otherwise he must, and will, be tempted to prescribe it when it is dangerous or improper. In

order to be useful, the vapour bath ought to belong to an un-medical person, and be ordered by doctors who have no interest in it.

ON THE IMPROVEMENT OF SIGHT, BY BISECTED GLASSES.

Nothing is more annoying to a man who is short-sighted, than be debarred the contemplation of any object placed at such a distance as to be beyond the focus of the glasses which he wears for common purposes. We have heard many complain of this as a great inconvenience, and think that the plan pursued by the celebrated Dr. Franklin, if generally known, would be followed by many labouring under the same infirmity.

Dr. Franklin used a pair of double or bisected spectacles, which he thus describes in a letter to a friend :—

“The same convexity of glass, through which a man sees clearest and best at the distance proper for reading, is not the best for greater distances. I, therefore, had formerly two pair of spectacles, which shifted occasionally. As in travelling I sometimes read, and often want to regard the prospects, I found changing troublesome, and not sufficiently ready, I therefore had the glasses cut out, and half of each kind associated in the same circle ; the least convex for viewing distant objects in the upper half of the circle, and the most convex proper for reading, in the lower half of the frame. By these means, as I wear my spectacles constantly, I have only to move my eyes up or down, as I wish to distinguish far or near, the proper glasses being always ready. Although I cannot distinguish a letter even in large print, with my naked eye, by the assistance of this invention, my eyes are as useful to me as ever they were ; and if all the other defects and infirmities of old age could be remedied as easily, it would be worth a man’s while to live a good deal longer.”

THE MONOPOLY OF TEA.

Since tea has become so essential a part of the diet of every one in the kingdom, it certainly behoves the consumers of the article to ascertain whether or not they have the commodity, for which they pay so exorbitant a price, as good and fresh as it is possible, under all the circumstances of carriage from so great a distance, and the warehousing, &c. will allow ; supposing of course, that every precaution is taken by the persons appointed in China to procure the freshest and purest article that the market produces. The monopoly allowed to the East India Company, is certainly one of the most likely things to prevent the

lovers of a pure cup of tea from enjoying that luxury ; but we hope to live to see the day when tea will be vended by any one who may choose to sell the article, and when the consumer may have the opportunity of purchasing it with some of its original delicious flavour, instead of the tasteless, parched, insipid and scentless stuff retailed out to the public, after having remained long enough in a warehouse to perish its good qualities, even were its flavour and taste ten times more delicious and grateful than they are. Would it not be well for some of our legislators, who waste their own time and that of others, much more valuable perhaps, to endeavour to procure the sale of a pure and good article, instead of the rubbish that is foisted upon the public at present, and from which they cannot appeal.

In several cities on the Continent, there are laws which impose heavy fines upon apothecaries and herbalists who are discovered retailing mouldy, or damaged herbs, or who shall take means to make them appear fresh ; and it is also customary to burn such herbs, roots, and shrubs, lest the inhabitants should, like the widow mentioned in the New Testament, spend all their money on physicians without being healed by any. How much greater a punishment ought to be inflicted upon persons who sell deteriorated articles of food, we leave to our readers to say. In our own country, should any butcher or baker attempt to retail unwholesome food, they are punishable, or should the baker endeavour to sell bread manufactured from flour *kept too long*, he is liable to prosecution. Why then should there be any exception to this rule ? are the laws for the strong too weak in this instance ? or is it the supineness and want of energy in the people themselves ? We think the latter, but hope that this may meet the eye of some *genuine* member of the legislature, who will take advantage of these hints, and procure for John Bull tea as pure as his porter. Our opinion of the valuable effects of tea we have given in a former Number, which causes us to be more anxious to have the beverage pure, unadulterated, and fresh.

DANGEROUS EFFECTS OF SWALLOWING FRUIT STONES.

The mischiefs arising from the bad custom of many people swallowing the stones of plumbs and other fruit, are very great. The Philosophical Transactions give us an account of a woman who suffered violent pains in her bowels for thirty years, returning once in a month or less. At length a strong purge being given her, the occasion of all these complaints was driven down from her bowels to her anus, where it gave a sensation of stoppage and distention, and produced a continual desire of go-

ing to stool, but without voiding any thing. On the assistance of this case there was taken out with a pair of forceps, an oblong ball of an oval figure, of about ten drachms weight, and measuring five inches in circumference; this had caused all these violent fits of pain she had been so many years afflicted with, and after the taking out she became perfectly well. The ball extracted looked like a stone, and felt very hard, but it swam in water; on cutting it through with a knife, there was found in the centre of it a plumb-stone, round several coats of this tough and hard matter, resembling a stone had gathered.

Another instance given in the same paper, is of a man who dying of an incurable colic, which had tormented him many years, and baffled the effects of medicines, was opened after death; and in his bowels was found the cause of his distemper, which was a ball of the like nature with that just mentioned, but something larger, being six inches in circumference when measured, and weighing an ounce and a half; in the centre of this, as of the other, there was found the stone of a common plumb, and the cuts were of the same matter with those of the former. These and several other instances, mentioned in the same place, sufficiently shew the folly of that common opinion, that the stones of fruits are wholesome. For though by nature the guts are so defended by their proper mucus, that people very seldom suffer by things of this kind, yet if we consider the various circumvolutions of the guts, their valves and cells, and at the same time consider the hair of the skins of animals we feed on, the wool or down on herbs and fruits, and the fibres, vessels, and nerves of plants, which are not altered by the stomach, it will appear a wonder that instances of this sort of mischief are not much more frequent. Cherry stones swallowed in great quantities, have occasioned the death of many people, and there have been instances even of the seeds of strawberries and kernels of nuts collected into a lump in the guts, and causing violent pains which could never be cured till they were carried off.—*Phil. Trans. No. 282.*

PHRENOLOGY, AND ITS ADVOCATES.

The above science still continues to divide the opinions of the learned, who are equally violent, whether in praise or disparagement of the system. It is no less curious than instructive to peruse the opposite opinions of the following gentlemen, each celebrated for talent and discrimination. The perusal may probably help to sway the wavering opinions of some of our readers.

Dr. James Johnson says, "Independently of its importance as a system of phrenology, this volume presents very high claims to attention, in being, as we humbly conceive, one of the finest examples of philosophical reasoning and instruction that has ever been submitted to the judgment of mankind. Throughout it is modest, concise, and perspicuous: on all questions it exhibits premises fairly stated, and inductions legitimately drawn: it abounds with good feeling and taste, manifests an ardent, but temperate zeal for truth; and has a rich glow of philanthropy which charms, without fascinating, the mind. Hence we conclude, that its influence on science and morals will prove as extensive as they must be decidedly beneficial."

Per Contra.

Dr. MILLIGAN, in his Notes to Magendie's Physiology, has characterised the science and its disciples, particularly including Mr. Coombe, as every thing that is base and despicable, and talks of their "virulency," and "characteristic bad faith," and "imposture," as of a piece with their "slang," "gibberish," and "sheer absurdity."—"Let not the reader," he says, "think me tedious with the paralogisms of those now whining, now obstreperous, sophists: their floundering is to me, and every enemy of absurdity and imposture, a source of congratulation and triumph."—Have they explained why men of science ridicule their absurdity, detest their coarseness, hypocrisy, and imposture?—"But their total ignorance of good letters, their want of faith or common veracity, their weak attempts at disguising, parrying, and misrepresenting what they found unanswerable, have established feelings of the profoundest contempt."—"Having sufficient evidence of the 'high estate' of my more immediate aggressor," (Mr. Coombe, we suppose,) "in the orthography, breeding, modesty, and veracity of his production, I sit down consoled with the idea, that my readers will readily perceive that their grandiloquous tones are but part and parcel of the general economy of their system of imposture; and that there is not more philosophy in their hypothesis, religion in their cant, or honesty in their *manifestations*, than there is truth in their assumed superiority over myself."

Mr. CHARLES BELL says, "The most extravagant departure from all legitimate modes of reasoning, though still under the colour of anatomical investigation, is the system of Dr. Gall. It is sufficient to say, that, without comprehending the grand divisions of the nervous system, without a notion of the distinct properties of the individual nerves, or without having made any distinction of the columns of the spinal marrow, without even having ascertained the difference of cerebrum and cerebellum,

Dr. Gall proceeded to describe the brain as composed of many particular and independent organs, and to assign to each the residence of some special faculty."

Dr. GOOD says, "The whole, in truth, is founded on hypothesis: here it begins, and here it ends; hypothesis, too, unsettled and disputed, in many of its points, among themselves. And, yet planting their feet upon this tottering and unsteady ground, they are perpetually uttering the proud and lofty words, *science, proof, and demonstration*—than which, a more palpable or grosser abuse of terms can never be employed or conceived." —(*Book of Nature.*)

Dr. BARCLAY, the eminent anatomist and metaphysician, says, "on opening the skull, and examining the brain towards the surface, where these organs are said to be situated, it seems to require no small share of creative fancy to see any thing more than a number of almost similar convolutions, all composed of cineritious and medullary substances, very nearly in the same proportions, and all exhibiting as little difference in their form and structure as the convolutions of the intestines."

RECEIPT FOR MAKING THE ELIXIR OF LONGEVITY.

One ounce and one drachm of aloes, one drachm of zedoaria, one ditto of gentiana, one ditto of saffron from the Levant, one ditto of fine rhubarb, one ditto of theriaque of Venice.

Reduce the five first mentioned drugs to powder, and let them pass through a sieve; afterwards put them into a bottle, with the theriaque, and throw into it a pint of good brandy; stop the mouth of the bottle well with wet parchment, and when it dries prick several little pin-holes in it, and put it up carefully for nine days, taking care to stir it well. On the tenth day, let the infusion be poured out gently into another bottle, as long as the liquor continues clear. The bottle containing this infusion must be well stopped with linen. Afterwards, pour a second pint of brandy upon your drugs, for a second infusion, which you will leave other nine days in the bottle, well stopped like the former, and stir it well in the same manner. You must pour it, on the tenth day, into another bottle; and when you perceive that the liquor is no longer clear, put cotton into the funnel, and filtrate it several times, if necessary, *to have it quite clear*. Do not forget to put a piece of linen over the funnel, that the spirit or liquor may not evaporate. The two infusions should be mixed together, in a well stopped bottle, and you may make use of it immediately.

By the daily use of this remedy, it is said, that one may live for a very long time without requiring bleeding, or any other medicine or preservative against contagious diseases. The small-pox it throws out without any danger; and it has this admirable property, that one may safely take a very strong dose of it; and it is also serviceable in less doses, according to circumstances. For sickness at the stomach, one spoonful, *quite pure*; for indigestions, two spoonfuls in four of tea; for drunkenness, two spoonfuls, quite pure; for colics, two spoonfuls in four of brandy; for fits of the gout, during the fit, and particularly when it is getting up, three spoonfuls, quite pure; for worms, one spoonful before eating, for eight days; for the dropsy, one spoonful in white wine, for a month; for intermitting fevers, a spoonful quite pure, before the cold fit; and, if the fever is not cured by the first or second dose, it will undoubtedly be so by the third. The only precaution necessary, while taking this elixir, is, to eat nothing raw, to take neither milk nor salad, and not to go too much into the open air.

The quantity to be taken daily, is seven drops for women, and nine for men. Very old people should take besides, a spoonful quite pure, every eighth day.

ON THE CURE OF SQUINTING.

There is something so peculiarly grotesque in a squint—one, for instance, such as Wilks was graced with—which never fails to cause a risibility of countenance in the observer on the first introduction, subversive of every other feeling. Even Irving's cast, as his followers call it, is highly disagreeable to his auditory, and it is not till habit has inured them to the sight that it is at all endurable. Though we have heard it said that the loss of a limb or an eye was interesting in the opinion of the ladies, we cannot charge our memory with having heard the same remark of a squint, which has always been considered a subject of merriment. We consider that in a great measure the habit is acquired, and as most people in such circumstances would wish to improve their personal appearance, we submit the following directions for the cure, premising, that in very rare instances it may arise from some mal-conformation:—

Squinting, arising from the habit of using one eye only, or from the weakness or imperfection of the other, may be generally cured. Another arising from some mal-conformation of the eye, or its parts, is scarcely remediable.

The principle of cure in the two first species is nearly the

same; namely, the constant exercise of the neglected eye, whether naturally weak or not.

This may be effected by covering the strong eye, or that which is always employed, and confining the person to the use of the neglected, or weak eye. For in this way the muscles of the latter, from constant action, will become perfect in the habit of directing the eye upon the object, gain strength in that action, and acquire a power of adjusting the eye.

When this is established in a sufficient degree, the other eye may be set at liberty. The time that will be necessary for the cure will depend upon the inveteracy of the habit, the length of time that the muscles have been left to themselves, and the degree of weakness of the sight, for it is with difficulty that muscles acquire an increased degree of action after having been long habituated to a more limited contraction.

Dr. Darwin observes, that if the squinting has not been confirmed by long habit, and one eye be not much worse than the other, a piece of gauze stretched on a circle of whalebone, to cover the best eye, in such a manner as to reduce the distinctness of vision of this eye to a similar degree of imperfection with the other, should be worn some hours every day.

For the cure of the curious case related by the same ingenious physician, in which there was no defect in either eye, but merely a depraved habit of using both eyes separately, Dr. Darwin says*, a gnomon of thin brass was made to stand over his nose, with a half circle of the same metal to go round his temples; these were covered with black silk, and by means of a buckle behind his head, and a cross-piece over the crown of his head, this gnomon was managed so as to be worn without inconvenience, and projected before his nose about two inches and a half. By the use of this gnomon, he soon found it less inconvenient to view all objects with the eye next to them, instead of the eye opposite to them.

After this habit was weakened by a week's use of the gnomon, two bits of wood about the size of a goose-quill, were blackened all but a quarter of an inch at their summits: these were presented for him to look at, one being held on one side the extremity of his black gnomon, and the other on the other side of it. As he viewed those, they were gradually brought forwards beyond the gnomon, and the one concealed behind the other. By these means, in another week, he could bend both his eyes on the same object for half a minute together.

By the practice of this exercise before a glass continually, he

* *Phil. Trans.* Vol. 68. p. 89.

became in another week able to read for a minute together with his eyes both directed on the same objects; and I have no doubt if he has patience enough to persevere in these efforts, he will in the course of a few months overcome this unsightly habit.

POISONING FROM EATING A PHEASANT. BY DR. N. SHOE-
MAKER, OF PHILADELPHIA.

The pheasant, it is said, in Winter feeds upon the laurel, and by that means their flesh becomes so charged with the deleterious qualities of this vegetable, as to occasion the most alarming symptoms when taken into the human stomach.

CASE 1st.—On the afternoon of the 14th of February, 1826, I was requested to visit, in haste; the wife of J. D., who was said to have been suddenly attacked, and to be very ill. I immediately obeyed the call, and on arriving at the house, I found her with incessant retching, and complaining of a distressing pain on the top of the head, which extended down in the direction of the cervical vertebræ, with cold extremities, and pulseless. Her husband, who is an intelligent man, informed me that she had dined on a pheasant,—that in half an hour after dinner she was seized with sickness of stomach, followed by a temporary blindness, and that he believed she was poisoned.

I desired the servant maid to examine the spot where the bird had been prepared for the spit, to ascertain whether any of the laurel could be found. She soon returned, bringing in her hand a considerable number of the fragments of the leaves of this vegetable. This discovery confirmed our suspicions of poison.

The treatment I adopted succeeded in putting a stop to the retching; her extremities soon became warm, and her pulse returned to the wrist; but for a considerable time it beat only *forty-three strokes in a minute*. On calling in the evening I found her comfortable, and able to take a cup of tea.

CASE 2d.—While I was occupied in administering to this patient, my attention was suddenly arrested by a strange noise, which proceeded from a young woman then in the room, and who had been engaged but the moment before in assisting me. She complained of extreme sickness of stomach, which was soon followed with a temporary blindness, and a severe pain down the back of the neck. Her extremities became cold, and the pulse beat only *forty strokes in a minute*, and very feebly.

Being informed that she had eaten of the same pheasant, I immediately gave her a table-spoonful of the *flour of mustard* in a glass of warm water, which enabled her completely to disgorge her stomach; after which, a dose of laudanum and a little warm brandy and water effectually relieved her.

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